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Breathe Happy

We can't wait
to hear Adele's
greatest hits

This week in Woman's Own

Hitting the road again...

Get ready, folks! Grammy award-winning singer Adele is about to kick off her much-anticipated European tour, with her first concert in Belfast next week. It's the first time the star has hit the road in five years. In the past, she's admitted that she suffers from crippling stage fright and doesn't really

enjoy touring – but after the phenomenal success of her recent single, *Hello*, and album, *25*, and her super-slim new figure, there's no stopping Adele at the moment. It's sure to be incredible!



The star hasn't
toured for five years

Join us online

Head to our fabulous website, womansown.co.uk, to get all the latest celeb gossip, great competitions and deals, plus beauty, fashion, easy recipes and health tips.



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Brits at the B



Mono magic

Former *Xtra Factor* host **Sarah-Jane Crawford**, 32, keeps it simple in black and white and bags extra style points for that berry lip.

Wine o'clock

Satin is a huge trend for 2016 and this slinky, wine-coloured co-ord looks ever so chic on the legendary **Dame Maggie Smith**, 81.

Belt up

Every woman should have a dress like this in their wardrobe. **Zoë Ball**, 45, breaks up her simple look with an on-trend metallic belt.

In the navy

This is a princess dress if ever we saw one! Model **Laura Bailey**, 43, sets off her English rose complexion in deepest navy tulle.

AFTAs

These home-grown stars did us proud on the red carpet



Miss scarlet

This strappy red number is a far cry from her *Game Of Thrones* wardrobe, but we reckon **Emilia Clarke**, 29, looks hot to trot!

Back to black

Kate Winslet, 40, is a master at red-carpet dressing. She glams up her black one-shoulder gown with a coordinating clutch and lippy.

Silver siren

Humans star **Gemma Chan**, 33, is giving us serious outfit envy in this elegantly cut dress with intricate embellishments.

The glitz

Julie Walters, 66, also brings some sparkle to the red carpet, and this cobalt hue looks seriously striking with her silver tresses.

All the GOSSIP

Who's doing what this week...



Still smitten:
Posh and Becks

BECKHAM BABY NO. FIVE?

Could the Beckhams be about to add to their brood? According to a pal, the couple, who will celebrate their 17th wedding anniversary in July, want to try for another baby! 'They wouldn't rule out adding to their family,' the friend revealed. And despite their busy schedules, Victoria, 41, and David, 40, who already have Brooklyn, 16, Romeo, 13, Cruz, 11, and Harper, four, are more loved-up than ever. 'They regularly go for romantic nights out,' the pal added. 'They're very much in love.' Aww!



Despite Chloe's comments,
Richard's proud of his girl

Ant and Dec:

EXPLOSIVE ROWS!

They're best pals, but Anthony McPartlin and Declan Donnelly, both 40, have admitted there is something that can tear them apart – board games! The *Saturday Night Takeaway* duo were chatting about explosive rows when Dec revealed, 'The last big row we had was over *Who Wants To Be A Millionaire*? the board game.'

Ant added, 'We're quite competitive. There was door slamming!'

'I'm the stropper,' Dec admitted. 'I packed the game up and stormed out of Ant's house. I still stand by it. But we've managed to put our differences behind us.'



BEST OF FRIENDS

Cheryl Fernandez-Versini has found a new pal to support her through her heartbreak – Little Mix's Perrie Edwards. The pair love having girly nights in.

'She's incredible,' Perrie, 22, explained. 'She has been a good friend to me, particularly recently. She is the nicest person in the world. She knows what I've gone through and has great advice.'

Perrie broke up with her fiancé, ex-One Direction star Zayn Malik, 23, last August, while Cheryl, 32, split from her husband of 18 months, Jean-Bernard, earlier this year.



'IT'S ALL YOUR FAULT'

Chloe Madeley blasts her dad Richard

Fitness guru Chloe Madeley has taken her frustrations out on her dad Richard, telling him, 'It's all your fault!'

The 28-year-old was discussing her swearing habits on Instagram, posting

a quote that read, 'I don't know how to not swear,' and then added, 'It's my dad's f***ing fault.'

While she didn't explain any further, it certainly isn't the first time she's slammed her poor dad for making her the person she is today. Just last month,

she said she'd inherited her waistline from him! 'It [my stomach] is the first place I gain weight and the last place I lose it,' said Chloe. 'I've always had an athletic frame – both my brother and I inherited it from our dad. All three of us are tall, with broad shoulders, muscular legs and a fast metabolism. But just like my dad, I carry the bulk of my fat – literally – on my stomach.'

But for all of Chloe's comments, there's no denying she and Richard, 59, as well as her mum Judy Finnigan, 67, share the closest of bonds. 'I am VERY proud of her,' Richard tweeted last year when standing up for Chloe after she was targeted by online trolls. 'Her critics have zero conception of what she stands for.'

Good for you, Richard.



BFFs: Geordie girls Perrie and Cheryl (inset)

FLYING SOLO

After spending the most romantic day of the year alone, is Carol Vorderman back to being a single lady? The former *Countdown* star has got tongues wagging after she was asked what she was doing for Valentine's Day and she revealed, 'I'm flying solo. I ended the last relationship pretty soon after it began. I'm just too independent.'

Carol, 55, has dated pilot boyfriend Graham Duff, 40, on and off since 2012 – with the TV star saying just last September, 'There's nothing not to love about Duffy.' But after her latest revelation, have the pair gone their separate ways? Watch this space.



Love split? Carol and Graham

Celebrity news



Happy family: Simon Cowell, girlfriend Lauren Silverman and son Eric



Alesha Dixon

TOT TALENT!

It's a star-studded bash for Eric Cowell's 2nd birthday party



Sinitta and boyfriend Jason Gale

Amanda Holden and Louis Walsh (inset) were A-list party guests

Andrea McLean:

MY STALKING NIGHTMARE WON'T GO AWAY!

TV star left 'scared' and 'frightened' in her own home

Andrea McLean is still suffering at the hands of a terrifying stalker who's been following her for months.

Since autumn of last year, the *Loose Women* panellist has had to cope with an obsessive fan who's been parking outside her home, sending love notes and even peering in through her windows – and it's taking a toll on her emotionally.

'She's not sleeping,' a source close to Andrea revealed. 'She's been suffering anxiety attacks and she's scared when she's on her own. She finds the whole thing creepy – knowing that someone could be outside watching puts her on high alert 24/7!'

Panic button

The nightmare situation comes as Andrea, 46, who's mum to 14-year-old Finlay and Amy, nine, has found happiness again with her new boyfriend, businessman Nick Feeney, who she says makes her feel 'amazing'.

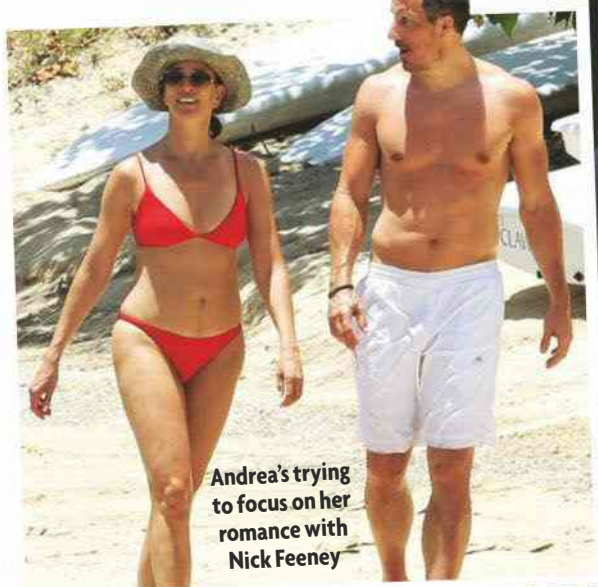
The pair, who started dating almost two years ago, have now moved in together into Andrea's home and there's talk of possible wedding plans. But

it seems, as her love life takes a turn for the better, the situation with this fan continues to haunt her.

'She's trying her best not to turn into a recluse,' our source continued. 'But she doesn't ever want to be home alone and she's planning all of her comings and goings to avoid finding herself in a compromising situation.'

While no details have been released about Andrea's stalker, police officers have been on hand to provide support for the star.

'Thankfully, after their advice, she's now had a panic button installed at home, which helps her to feel safer,' the source added. 'She's also been given



Andrea's trying to focus on her romance with Nick Feeney

a lot of reassurance that she isn't in danger, so she's been able to return to a more normal life than before. But Andrea's angry about this intrusion into her private life.'

Getting evidence

Andrea is now reportedly hoping to gain enough evidence for the police to take action. But for the time being, all she can do is hope that this person eventually loses interest.

'She's paranoid and it's only natural for her to think the worst,' our source continued.

'But Andrea's determined to remain positive and concentrate on her happiness with her family. She knows that it will result in a happy ending eventually and is focusing on the wonderful things in her life.' ♦

WHAT THE LAW SAYS

In the UK, to get a conviction, both harassment and stalking behaviour need to be proved. Such behaviour includes attempting to contact a person, publishing statements or material about them and monitoring them (including online). At least two separate incidents must be proven for it to be defined as stalking.



YOU'RE NOT ALONE!

Like Andrea, these celebs have also become the victims of stalkers



ALEX JONES LEFT 'NERVOUS, ANXIOUS AND VULNERABLE'

The One Show's Alex Jones was in court earlier this month after an obsessive fan bombarded her with messages online. She pressed charges against the man after receiving inappropriate tweets telling her he 'loved her' over a period of 17 months. Sources said it left her feeling 'nervous, anxious and vulnerable'.

According to reports, the man turned up outside the BBC studios to see Alex, 38. He has since been issued with a restraining order that bans him from contacting her, her husband Charlie Thomson and her parents.



GWYNETH PALTROW: 'IT'S BEEN LONG AND TRAUMATIC'

Actress Gwyneth Paltrow took her stalking case to court earlier this month after it all got too much for her. Testifying in court, the star revealed that Dante Soiu had sent her 66 letters between 2009 and 2015 asking her to marry him and even making threats to her life. Gwyneth, 43, said in her statement that she found it 'disturbing', adding, 'I felt very upset by it. This has been a very long and very traumatic experience.'

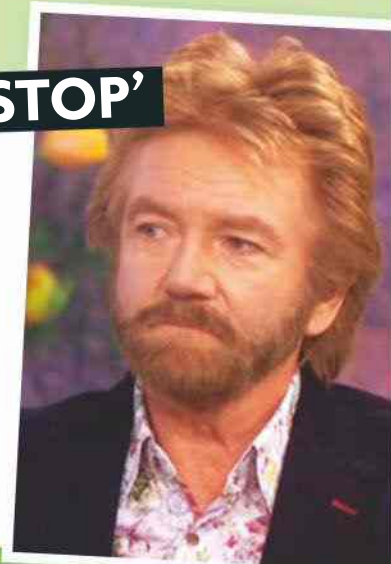
NOEL EDMONDS BEGS, 'PLEASE STOP'

Noel Edmonds has become the most recent star to reveal his stalker hell after admitting he's been harassed by an unknown person for 30 years!

The TV host, who's been on our screens since the 1970s, recently opened up about his ordeal on *This Morning*, where he revealed it has become so bad that he's now contemplating going to the police. 'It kicked off again a few weeks ago,' he explained. 'She sends me emails of an intimate nature. Then it got

quite serious as she accused me of having an affair and she wanted to go to the media. I feel threatened in terms of the pain it's causing Liz [his wife] and the upset it's causing every time I open an email or a tweet and I don't like the idea if it goes even further with the [affair] allegations.'

Noel, 67, added, 'If they are watching now... please stop, because it's only going to end very unpleasantly for you because I will have to go to the police.' ♦



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JESSIE UNLUCKY IN LOVE AGAIN

The *EastEnders* star is left heartbroken once more...

Jessie Wallace has split from her latest boyfriend, musician Tim Arnold, after he revealed he'd grown 'tired' of fame.

Singer Tim, 40, who began dating the *EastEnders* star in 2012, admitted the news at a recent showbiz event in London, saying, 'People just want to know about the celebrities you know or have been with. I am tired of it.'

It's the latest in a string of failed romances for Jessie, 44, who hasn't been in a serious relationship for longer than four years. And relationship experts are now asking if her failure to maintain a romance is because she can't work out what she wants.

Fiercely ambitious

'Jessie tends to date men who aren't in the public eye, but she leads the life of someone who very much is, and sometimes those two things aren't compatible,' dating coach Jo Hemmings explained. 'When someone has

Jessie met Tim at the Soap Awards



been through as many splits as Jessie it can become harder and harder to settle down – which I suspect is what she wants. But she

comes across as fiercely ambitious when it comes to her career, and I think that's a bit of a conundrum for her.

'She needs to work out what she's prepared to sacrifice for that normal, grounded life.'

The pair met at the Soap Awards after Tim's godmother, *EastEnders* star June Brown, 89, who plays Dot Cotton, introduced them. Since then, the couple appeared happy, with Tim saying only last year, 'I knew about the terrible experience she'd had [referring to her previous failed relationship]. I took it on board to make sure

I would be different.'

And for poor Jessie, who plays feisty Kat Moon in the soap, it's just another break-up in a long line of thwarted relationships. Back in 2002 she broke up with millionaire Paul Whitworth, an old friend of notorious gang leader Reggie Kray, after three years together.

She then went on to date American toyboy Andy Burton, 38, but that ended when he sold a story to the press in 2003.

She doesn't know what she wants

Humiliated

Jessie then fell for policeman Dave Morgan, 39, later that year after he escorted her to court to face a drink-driving charge. They went on to have a daughter, Tallulah Lilac, in 2004 but split the following year.

And back in 2011, Jessie was publicly humiliated when forced to call off her £300,000 wedding to catering boss Vince Morse, 54, after discovering the night before the big day he'd been sharing sexy texts with an ex-lover.

But while her love life might be rocky, Jessie's career is going strong. She's set to appear on stage in *The Perfect Murder* with Shane Richie, 51, who plays her on-screen husband Alfie Moon. They are then filming an *EastEnders* spinoff in Ireland, set to air in the autumn.

We hope you find your Mr Right very soon, Jessie! ♦

JESSIE'S RELATIONSHIP FAILS



1



2



3

1 Jessie broke up with millionaire Paul Whitworth in 2002

2 Policeman Dave Morgan and Jessie have a daughter, Tallulah Lilac

3 Catering boss Vince Morse was caught texting an ex-lover

JFK

Victoria Beckham arrived in New York recently in 5in stilettos and just a purse for hand luggage. Now that's style!



Posh shows she has no fear of spilling her in-flight coffee down her front by going for an all-white ensemble. Brave!



Landing in New York last year, Vic stepped out in this hot pink outfit. Would you think she'd been on a plane for the past eight hours?



Our favourite queen of fashion looks more like she's off to party at a Spanish carnival than board a long-haul flight.



DO YOU REMEMBER BEFORE VICTORIA LOOKED LIKE THIS?
WOMANSOWN.co.uk/vbstyle



LHR

Rita Ora donned a camouflage tracksuit arriving back from Hong Kong last year.



LAX

Kim Kardashian went straight from the Grammys to the runway – and not the fashion-show kind!



SYD

24 hours on a plane in those heels – what about swollen ankles, Katie Price?

LYING SHION!

After Posh wore those huge heels at the airport, we looked at other crazy outfits celebs wear to fly



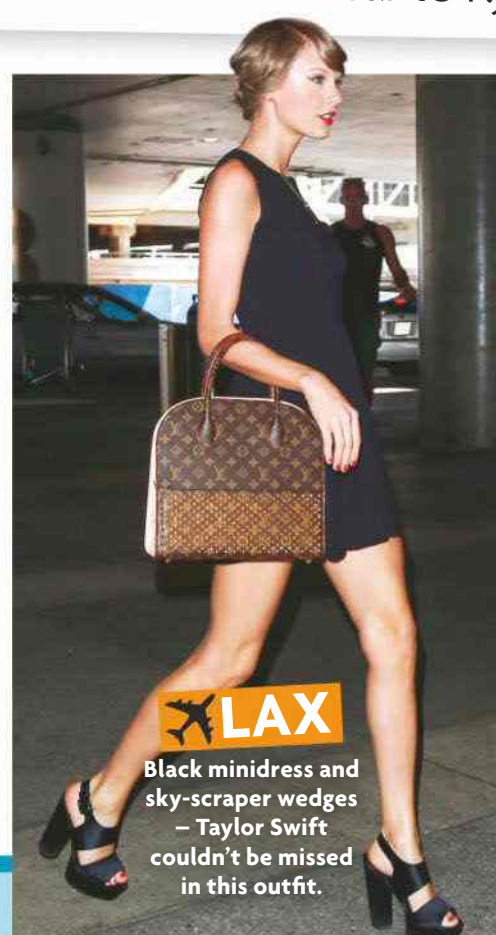
LAX

For Lady Gaga, this look's quite reserved – but it's still not exactly comfy flying gear, is it?



BNE

Is Joey Essex off to join the Army? No, he's dressed in mock-fatigues for a flight to Brisbane!



LAX

Black minidress and sky-scraper wedges – Taylor Swift couldn't be missed in this outfit.



Ewa and Pawel
had been together
since 2008

My fiancé DID THIS TO OUR HOUSE

He'd helped do up her home and Ewa Sternik-Baran, 36, was so grateful. But then events took a horrifying turn...

Watching as my fiancé put up shelves and drilled holes into the walls to hang picture frames, I couldn't help but think how lucky I was. He was forever doing his best to turn our house into a home for me and my daughter Vicky – and he always did a great job.

I first met Pawel at a friend's house in 2008. He'd moved to the UK from Poland and worked at a factory. We got on so well and, over the next few months, whenever we bumped into each other we had such a good time, laughing and chatting.

Having split from my partner a few years before, I told Pawel that I was a single mum to Vicky, then eight, and that we'd recently started renting a new house in Haverhill, Suffolk. 'Let me know if you ever need any help around the house,' Pawel offered.

I could tell he really meant it and knowing he lived just a few minutes away, the following week I took him up on his offer. He came over to help clear the garden and soon he'd pop by all the time. He was great with Vicky, taking us to the cinema or out for milkshakes. The more time I spent with Pawel, the more I realised that maybe there was something more to our

relationship... I was falling in love. When I told him, he confessed he felt the same and in December 2008, he moved in to live with us.

With Pawel doing night shifts and me working in admin, we made sure to have dinner as a family each night and spend the weekends at the park and on trips to the seaside. And, keen to make the house feel like ours, Pawel put up bookshelves and we bought new furniture – including new curtains and a TV for Vicky's room. 'It looks like a brand new house,' Vicky giggled.

We were such a good team, the three of us. We even got a puppy, Benito. And in 2012, Pawel asked me to marry him. 'Yes!' I cried.

Vicky couldn't wait to be a bridesmaid – even though we explained we'd have to save up before I could walk down the aisle!

Then, in December 2014, we had some

'He'd grabbed a 12in knife'

devastating news when our beloved Benito died. Pawel took it especially hard.

He was so down, he started to get annoyed by everything – even leaving the light on in the kitchen could cause an argument. He'd apologise and surprise me with flowers, and thankfully a few weeks later he was back to his old self.

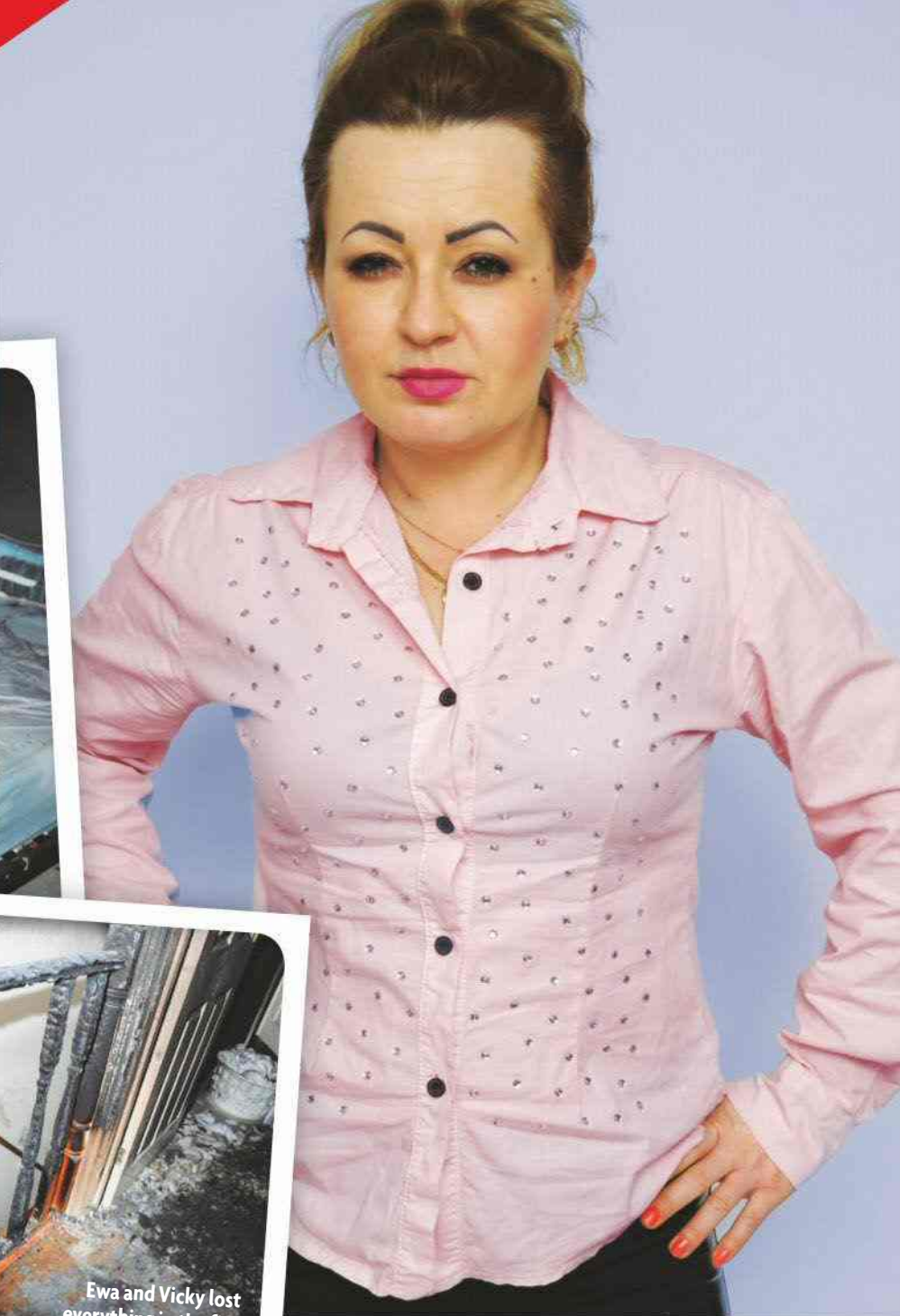
A terrifying ordeal

But on 9 March 2015, everything changed. I got home from work at 5pm to find Pawel asleep in bed. Thinking he must be exhausted from his night shift, I left him to sleep and went to the kitchen to put some pasta on for dinner.

I'd agreed that Vicky, then 14, could go out with friends that night, but then I remembered what a state her room was in. 'You need to tidy up before you go out,' I said to her sternly. I was met with the usual teenage reaction. 'Mum, I don't want to,' she said, rolling her eyes. I'd just started to tell her off, but then



Police filled the street after Vicky raised the alarm



Pawel – who must have heard

us bickering – suddenly stormed into the room. He looked furious. ‘Do what your mother says!’ he screamed at Vicky, his eyes bulging. I was so taken aback I didn’t know what to say, he’d never raised his voice to her before. Then he shoved her against the kitchen door. My protective instinct kicked in, ‘How dare you?’ I yelled, running over to pull him away. ‘Don’t you touch her!’

As Vicky started to cry, I put my arms around her, but just as I turned to tell Pawel to get out, I saw something glimmering in his hand – he’d grabbed a 12in knife from the kitchen counter. I kept thinking I was going to wake up, that this must be a nightmare, but the look in Pawel’s eyes was one I’d never seen before – it was pure rage.

‘Go outside and call the police!’ I screamed to Vicky. All I could think about was making

sure she was safe, but she shook her head, her face pale. ‘Go!’ I shouted. Finally, she bolted to the front door. I turned to Pawel. ‘What’s wrong with you?’ I spluttered, desperate to talk some sense into him.

But he wouldn’t listen. ‘I’ll kill you and then your daughter!’ he shouted, grabbing hold of my head. As he shook me violently, I begged him to stop. This was the man I loved, but he’d become a monster.

Twisting my arm, Pawel dragged me to the front door and pushed me outside, slamming the door behind me.

The front garden was lit up with the flashing lights from police cars and Vicky was huddled on the ground, shaking. As a police officer ran over to comfort me, I kept shaking my head. This couldn’t be happening.

I didn’t want to leave, I needed to know what

was going on, why Pawel had shut himself in the house, but the officer was adamant. ‘We’ll take you to the police station,’ she said.

Vicky and I were given tea and settled into a witness room. There, we were told that because Pawel had a knife, they had to wait for the special unit police to arrive before entering the house. Ten minutes later there was more news... ‘I’m so sorry,’ said the officer. ‘Your partner set fire to the sofa. He’s OK, but the flames spread through the house.’

I grabbed Vicky’s hand. ‘Is it all gone?’ I asked. As the officer nodded, I felt sick. Everything we’d worked for – all the things we’d saved for and chosen together as a family – destroyed. With Vicky sobbing in my arms, I felt my own face wet with tears.

A tiny piece of justice

The flames had forced Pawel from the house and they’d arrested him. That night, after giving statements, Vicky and I were moved to a hostel. I didn’t sleep, all I could think about was what had happened. We’d lost everything – photos, Vicky’s drawings from when she was little, clothes... we had nothing.

I didn’t want Vicky to see what had become of our home, so the next day I left her with friends while police took me to see the damage. As soon as I saw the burnt wreck, a new flood of tears started. Police estimated that there was £15,000 worth of damage. I couldn’t believe that the man I loved had done all this, but worse was to come.

While our landlord had insurance for the house, we had nothing for all our things. I felt so foolish. And, while police put together a case against Pawel, Vicky and I became homeless. Not wanting to impose on friends, we were moved to three different hostels before finally getting a social housing apartment. While I tried to rebuild our life – saving up to buy new clothes for Vicky and even things like new cutlery – I heard from police that Pawel, then 38, had pleaded guilty to arson with intent, reckless to whether life was endangered, assault by beating and threatening a person with a bladed article.

Last July, at Ipswich Crown Court, he was sentenced to four years in prison. A tiny piece of justice. He’s written me letters begging for forgiveness – he claims he just exploded and has no idea why. But I don’t want to hear his excuses.

I was told that they’d found an empty whisky bottle in our living room after the fire. After six years together, I hadn’t known Pawel was a drinker – I feel like I never really knew him at all.

Now, 11 months on, I’m just focusing on Vicky – she’s doing so well, and I keep reminding myself that the most valuable thing in life is still with me. ♦

‘I tried to rebuild our life’

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Jacket, **£35**,
trousers, **£25**,
both sizes 6-22,
shoes, **£39**, all
Dorothy Perkins



Jacket, **£35**, sizes 6-22,
Dorothy Perkins



Jacket, **£24.99**, sizes 6-16,
New Look



Skirt, **£40**, sizes 4-16,
Topshop

INSTANT
SLIMMER



Trousers, **£29.99**, sizes
xs-l, Zara



Jacket, **£69.99**, sizes
6-14, Mango

Trousers, **£39.99**,
sizes 6-14, Mango



IT'S A WRAP

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£40, sizes 6-22, Next



SUITS ALL SHAPES

£32, sizes 8-16, River Island

£55, sizes 4-16, Topshop



£48, sizes 6-18, Closet London



£45, sizes 6-18, Closet London



Coat, £75, top, £28, skirt, £35, both sizes 8-16, cuff, £8, earrings, £8, shoes, £75, all River Island

Dress, £55, sizes 8-20, bag, £79, both Dickins & Jones at House of Fraser



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£24.99, H&M



£65, River Island



£32, Simply Be

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£59, Dune



£36, Faith at Asos



£25, Very



£35, Asos

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£14, George at Asda

ONLY £14



£55, Clarks



£59.99, New Look



£68, Topshop



£27.99, New Look



Jumper, £34, shirt, £25, and skirt, £30, all sizes 6-22, shoes, £48, Next



Belt, £17.99, Mango

SPICE IS NICE!

Paprika, saffron, turmeric - this season's colour palette gets an exciting update.



Jacket, £59.99, sizes s-l, Mango



Shirt, £29.99, sizes 6-20, H&M

Trousers, £30, sizes 10-32, Simply Be



Bag, £48, Very



Boots, £40, Very

Skirt, £40, sizes 8-16, River Island



GREAT WITH HEELS



Dress, £38, sizes 8-16, and boots, £75, both River Island

Jacket, from £49, top, from £19, trousers, from £29, all sizes 10-28, Damart; bag, from a selection at Zara; shoes, from a selection at Topshop



Dress, £22.99, sizes 6-16, New Look

Top, £29.99, sizes 6-14, Mango



PERFECT FINISHING TOUCH

Necklace, £14.99, New Look

Top, £14, sizes 8-20, Matalan

Dress, £60, sizes 8-16, River Island



Earrings, £9.99, Mango



Trousers, £29.99, sizes xs-xl, Zara



Top, £17.99, sizes s-l, Zara

Top, £28, sizes 6-22, Dorothy Perkins

Skirt, £35, sizes 8-24, M&S Collection

Top, £35, sizes 6-18, Limited Edition at M&S

CLASSIC A-LINE SHAPE

Coat, £75, sizes 10-32, JD Williams

Dress, £35, top (around waist), £28, both sizes 6-22, and shoes, £35, all Dorothy Perkins



CHECK MATE

It's all about the picnic print – wear your checks bold and oversized.

ROMANTIC RUFFLES

Feminine and fashionable, this trend deflects from trouble spots – what's not to love?

Top, £29.50, skirt, £49.50, both sizes 6-18, Limited Edition at M&S
Belt, £8, M&S Collection

Scarf, £12, BHS



GREAT FOR CREATING A WAIST



Top, £35, sizes 8-16, River Island



Skirt, £35, sizes 6-18, Oasis



Dress, £60, sizes 8-16, River Island



Top, £39.99, sizes xs-l, Mango



Top, £30, sizes 6-22, Dorothy Perkins



Top, £22, sizes 8-22, BHS



£15, M&S



£16, River Island



£14, Topshop



£12.99, H&M

STATEMENT EARRINGS

Amp up a daytime outfit with some eye-catching ear candy.



£5, Glamorous



£7.99, H&M

DESIGNER INSPIRED

Top, from £29, sizes 10-26, trousers, from £27, sizes 10-28, both Damart; scarf, from a selection at Zara; earrings, from a selection at Oasis



Made to order in your style, shape and colour

You'll find inspiring choices at DFS, from 2-seaters and corner sofas, to chaise longues, all handmade to order in your chosen style. And right now, all new season Spring Collection sofas are half price. How inspiring is that?

The Keeper 4 seater sofa **now £599.**
After event price £1199. **Save £600.**

See more of the collection at dfs.co.uk



OFFICIAL PARTNER



Keeper 4 seater sofa, bolster cushions included, accent cushions shown are optional extras. Delivery charges apply. After event price applies from 19.04.16. See in-store or online for details. 10 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. DFS is a division of DFS Trading Ltd. Registered in England and Wales No 01735950. Redhouse Interchange, Doncaster, DN6 7NA.

GYM SKIN

If the closest you get to a cardio sesh is hitting the shops, don't fret. You can fake this summer's most flattering beauty trend – the post-workout glow. It's about creating a bright, plump, lit-from-within complexion. Think sheeny and healthy, not sweaty and blotchy.

YOUTH-BOOST IT!

Avoid powders at all cost. Whether you want to add a bit of blusher or bronzer on top of your foundation, stick with cream formulas to enhance the dewiness.

Illamasqua
Gleam in Aurora
Champagne, £22



Bourjois City Radiance
Foundation, £9.99



Sienna Miller

GIVE YOURSELF A MAKEOVER

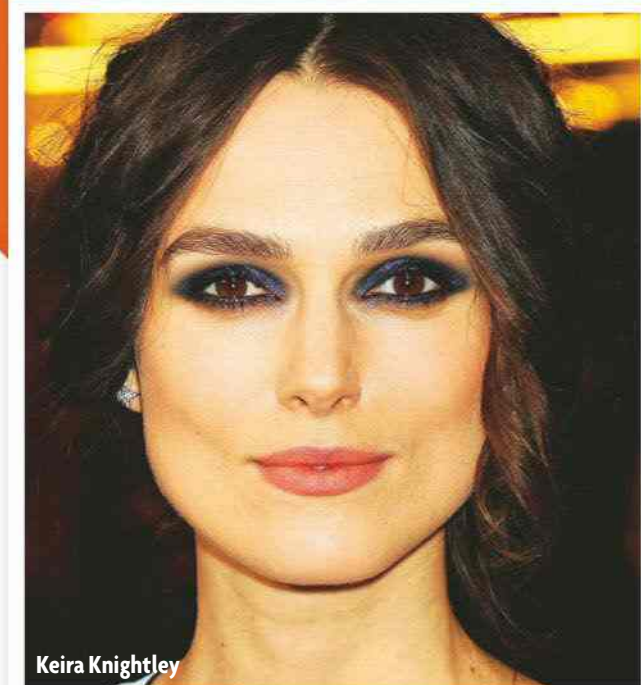
Update your look this spring with these fresh ideas for make-up, nails and hair

HEY, BLUE EYES

Hear that? It's the sound of your eyes cheering! That's because blue make-up has the power to brighten tired eyes in the sweep of an eyeshadow brush. But forget any New Romantic connotations – stick to a flash of bold blue liner or an elegant navy smoky eye and, suddenly, blue becomes a wearable trend.

YOUTH-BOOST IT!

A coat of Jane Iredale PureLash Lengthening Mascara in Navy, £18, janeiredale.com, makes the whites of your eyes appear brighter.



Keira Knightley



Nars Matte
Eyeshadow in China
Blue, £18

Collection Extreme 24 Hour Felt Tip Liner in Blue, £2.99

THE ANTI-SUMMER MANI

Catwalk nails have been a tale of two halves – there were the juicy brights we've come to expect from the summer shows, but also popular were rich, gothic hues of navy, oxblood and hunter green.

YOUTH-BOOST IT!

Grow your nails and file into a curved, almond shape using WAH London Natural Nail File (above), £4. Longer, oval nails make your fingers and hands look more elegant.

Barry M Gelly
Hi Shine Nail
Paint in Black
Pistachio, £3.99

L'Oréal Color
Riche Nail
Polish in
556, £4.99



Gwen Stefani



Maybelline
The Falsies
Push Up Drama
Mascara, £7.99

LASH OUT

This season, long, lifted lashes take centre stage in their own right, rather than just paired with a feline flick or smoky eye. Lash primers, like Smashbox Layer Lash Primer, £16, give a volumising base, then just apply layers of black mascara.

YOUTH-BOOST IT! Always curl lashes before applying mascara. This allows more light into your eye to brighten and lift. Shu Uemura Eyelash Curler, £20, makes the job easy.

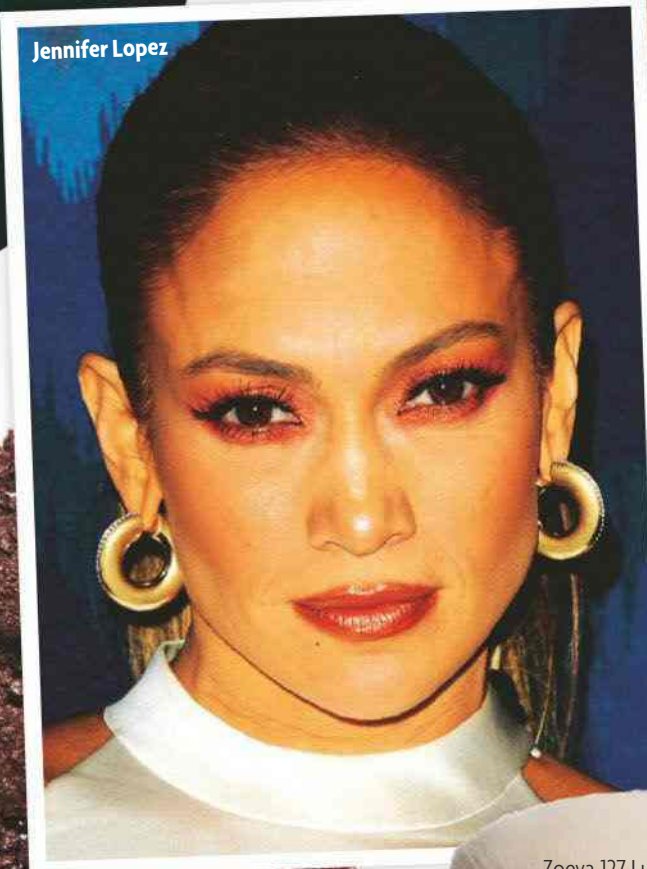
JUICY NAILS

A colour-pop mani can knock years off your hands by drawing attention away from dark spots and ageing blue veins. Paint over a white base coat to make your pop-art polish stand out more. **YOUTH-BOOST IT!** Nails Inc Gel Effect Top Coat (above right), £15, gives nails a plumped effect to disguise any ridges.

Morgan Taylor Nail
Lacquer in It's Gonna Be
Mei (right), £11, Max Factor
Max Effect Mini Nail
Polish in Bright Orange
(above far right), £4.99



Jennifer Lopez



Rimmel Magnifeyes
Mono Eyeshadow in
Gold Record, £4.49



FLASH FOCUS

When it comes to smoky eyes, metallic is the new black. As for shade selection, anything goes, so play around with gold, silver, bronze, copper and rust. Just apply an iridescent wash across your whole lid.

YOUTH-BOOST IT! Press your shimmery shadow into the inner corner of each eye. It instantly brightens them.

Clarins Iridescent
Shadow in Silver
Plum, £19

Zoeva 127 Luxe Sheer
Cheek brush, £11.50,
beautybay.com



ROMANTIC CHEEKS

Forget bronzed cheeks! Softly contoured pink blusher brightens you up. Suck in your cheeks and sweep blusher along the hollow, then apply to the apples for a hearty flush.

YOUTH-BOOST IT! Cream formulas, like Charlotte Tilbury Beach Stick in Las Salinas, £30, charlottetilbury.com, give a youthful dewiness.

Miss Sporty
Insta Glow
blusher,
£2.99,
Superdrug



Gwyneth Paltrow

HOT HAIR TRENDS!

Switch up your tresses with the latest spring styles

LOOK GREAT FOR YOUR AGE

St Tropez Self Tan Luxe Dry Oil, £25

THE TAN COMMANDMENTS

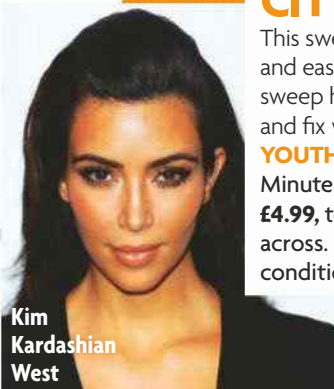
It's sexy, it's chic and it's the most flattering tan you could wish for. Catwalk models glided down the runway with golden skin that glistened with a healthy sheen. Exfoliate skin and choose an oil tan – this works best to create a healthy glow. The gleam will also create the illusion of slimmer pins and more youthful skin.

YOUTH-BOOST IT! A tan's slimming as it is, but Rimmel Sun Shimmer Gradual Tan & Toning (left), £6.99, goes one better with added smoothing and toning benefits.

METAL MANI

Complement your spring tan (fake, of course!) with molten metal nails. Whether you go for a solid block of colour or try a bit of nail art with a shimmering French tip, this luxe look is the perfect summer accessory.

YOUTH-BOOST IT! The paler the metallic hue, the more light it reflects, which makes your nails look smoother and healthier.



Kim Kardashian West

CITY SLICKER

This swept-over quiff is glam and easy. Create a side parting, sweep hair back off the face and fix with spray.

YOUTH-BOOST IT! Use Aussie 3 Minute Miracle Moisture (right), £4.99, to slick hair back and across. It gives great hold and conditions at the same time.



Op! Nail Lacquer in Take A Right On Bourbon, £12.50



Kate Winslet

FAUX BOB

This pinned-up bob lets you play around with length without scissors. Create a side parting, then divide hair into two pigtails. Loop each pigtail up and under and secure with grips.

YOUTH-BOOST IT! Charles Worthington Shine Booster All Over Gloss Spray (left), £5.99, delivers a mirror-like gleam.

THE GRINGE

Unsure about a full fringe? A grown-out fringe, or 'gringe', is the perfect stepping stone.

YOUTH-BOOST IT! Part a gringe in the centre to disguise crow's feet and accentuate your cheekbones.



Michelle Williams



Duchess of Cambridge

8 WAYS *to eat less sugar*

Follow **Angela Dowden's** clever tricks and you can cut up to 16tsp of sugar from your daily diet and lose 7lb in four weeks!

...AND
**DROP A
DRESS
SIZE**

Sugary foods can slip down all too easily, but with our clever tips on how to eat less of the sweet stuff, you can slash up to 16tsp of sugar from your diet *every day* – enough to prevent middle-age spread!

HOW IT WORKS

- ◆ Follow our eight tips and you will cut 250 sugar calories from your daily diet, which could add up to 7lb over four weeks.
- ◆ Choose only sugar-free drinks – stick to water, tea (normal or herbal), coffee and low-fat milk.
- ◆ Fill half your plate with vegetables or salad at every meal.
- ◆ Eat off plates that are no more than 10 inches (25cm across).
- ◆ Allow yourself a maximum 200 calories daily of 'unhealthy' treats (biscuits, chocolate, savoury snacks, alcohol).

1 SWAP CEREAL FOR OATS

Even 'healthy' high-fibre cereals can contain 15% of sugar, which is more than a chocolate milkshake. Switch your 45g bowl of bran flakes for 45g oats cooked with semi-skimmed milk and you'll cut more than 1tsp from your diet (add natural sweetness to porridge with a sprinkle of dried fruit or banana if you need it).

**SAVE
1.5tsp
sugar**

2 DIP A DIGESTIVE

If you really need something sweet with your tea, have a plain digestive, as they are one of the few choices to score amber, not red, for sugar content, with only 0.5tsp per biscuit. Fig rolls and Crunch Creams have nearly 1.5tsp sugar per biscuit.

**SAVE
1tsp
sugar**

3



**SAVE
1tsp
sugar**

PACK AWAY THE PICKLE

Despite its tanginess, pickle is around one quarter sugar. So swap your cheese and ploughman's sandwich for cheese and cucumber and you'll cut out 1tsp of sugar.

PSYCHOLOGICAL TRICKS

- ◆ Try chewing a stick of gum – one study found that gum-chewers reported decreased cravings for sweet snacks.
- ◆ Out of sight is out of mind – if you don't want to be tempted by sweet things, don't keep them in the house!
- ◆ Brush your teeth right after eating a meal, to take away the temptation to eat something sugary.

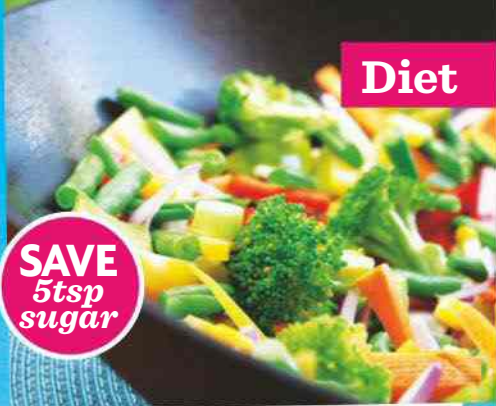
4 GO FOR GREEK

A 125g pot of sweetened strawberry or raspberry yogurt contains around 2tsp added sugar, which you can ditch (along with around 18 calories) by going for 125g of 0% fat creamy Greek yogurt with a handful of berries. This also counts as one of your five a day – add a shake of natural sugar substitute like stevia for a sweeter taste.

**SAVE
2tsp
sugar**



**SAVE
5tsp
sugar**



5 SWITCH YOUR STIR-FRY SAUCE

Chinese sweet chilli, oyster and plum stir-fry sauces can be more sugary than chocolate biscuits. Swapping a 60g serving of Blue Dragon Sweet Chilli And Garlic stir-fry sauce for just a dash of chilli flakes cuts out a whopping 5tsp. Check the sugar in salad dressings, too – low sugar is 5g per 100g or less.

6 MOVE TO THE DARK SIDE

Swap 40g of Dairy Milk for 30g of 70% dark chocolate – you'll want less of the rich dark stuff – to cut at least 3tsp sugar. Limit your intake of the dark chocolate though to a couple of times a week, to keep your waistline in check.

**SAVE
3tsp
sugar**



7 DITCH THE JUICE

Instead of reaching for the orange juice carton and pouring yourself a typical 200ml glass, peel a fresh orange instead. It contains a whole lot less sugar, and the sugar in the whole fruit is the healthier 'intrinsic' type smuggled away in the cell structure of the fruit, along with fibre, too.

**SAVE
1.5tsp
sugar**



8 WAVE GOODBYE TO WINE

Rosé contains over 1tsp of sugar in a 175ml glass – so switch to a gin and sugar-free diet tonic instead (you'll cut out around 60 calories, too). Stick to one or two drinks each time and have three to four alcohol-free days a week.

**SAVE
1tsp
sugar**

SUGAR STATS

- ◆ Too much 'free' sugar – the sort added to foods or present in honey, syrups and fruit juices – is linked with obesity and tooth decay.
- ◆ We eat about 14tsp a day of this type of sugar, but should only be having 6tsp.
- ◆ Sugars found in whole fruits and vegetables are less harmful, as they come with fibre and nutrients and are bound within plant cells, so they are less concentrated and release more slowly.
- ◆ The lactose sugar in natural dairy products also gets a clean bill of health.

A lifesaver AT TWO YEARS OLD!

Joanne Keeling, 41, tells us how her daughter became a little hero

When I noticed the skin on my hands was itchy and red, I put it down to my job. As a police officer, I had to wear latex gloves to carry out home searches, or when handling evidence. I assumed they'd made my hands a bit dry.

Then one evening while out for dinner with my husband, Jason, I took a bite of dessert – an almond cake. Within seconds my lips had swollen to twice their size.

After a series of tests, it was revealed I was allergic to latex, almonds and peanuts, and I was diagnosed as anaphylactic. It meant I could have a severe and life-threatening reaction, causing my airways to close.

I was given an EpiPen to carry – a syringe of epinephrine, which helps relax the muscles so you can breathe more easily. I also had to be extra careful about what I ate and touched. I couldn't even buy a sandwich from a coffee shop in case it had been prepared by someone

wearing latex gloves.

But as vigilant as I was, over the next five years I went into anaphylactic shock six times – my throat closed and face swelled. It was terrifying, but each time I managed to use my EpiPen and I refused to let the condition rule my life.

In February 2007, Jason and I became parents to Isabelle. And, in May 2008, Oliver was born. Isabelle was such a little monkey, running off when she should be holding my hand. So, worried, I taught her to say her name and our address – by singing it to *Frère Jacques*. And I showed her how to dial 999 in an emergency. I didn't really think she'd remember, after all she was only two.

A sudden attack...

But a month later, in July 2009, I was in the kitchen about to start dinner when suddenly my lips began to swell. Some food packaging must have touched latex. As my throat tightened, I grabbed my handbag and fumbled for my EpiPen – only I couldn't find it. With Jason away at work, it was just the children with me in the house.

'Isabelle,' I called, trying to stay calm. 'Mummy's poorly, can you bring my phone from the living room, please.' Eventually, I found the EpiPen, but, jabbing it into my leg, I didn't feel the symptoms ease. I'd taken too long to find it. I managed to get to the hallway before collapsing to the floor. The next thing I heard was sirens...

I was so dazed, as I sat in the ambulance – with neighbours taking care of Isabelle and Oliver – the paramedic gave me more injections. 'You must be so proud of your daughter,' he said. 'She called for

the ambulance and gave them your address. She even opened the door.' I was stunned. Isabelle was only two years and five months, and yet she'd saved my life! Jason was just as amazed. We told Isabelle how proud we were.

As the weeks passed, I kept going over what had happened. I'd had such a lucky escape. I started writing a blog to tell other parents about the importance of teaching lifesaving skills. And, a year later, I'd written a storybook, helping kids understand how and when – and when not – to call an ambulance. I gave talks at schools and the book was even adapted and published in America.

Last year I was nominated for a St John Ambulance Everyday Heroes award for my work. But for me, it's Isabelle, now eight, who is the real star. She saved her mummy's life! ♦

NOMINATE A HERO

Woman's Own is partnering with St John Ambulance for their Everyday Heroes awards to celebrate the nation's lifesavers and first aid champions. Nominate individuals and organisations by visiting sja.org.uk/everydayheroes. Nominations close on 24 March 2016. Winners will be announced at the ceremony on 7 Sept 2016 in London. First aid can be the difference between life and death.



Joanne with Isabelle aged two

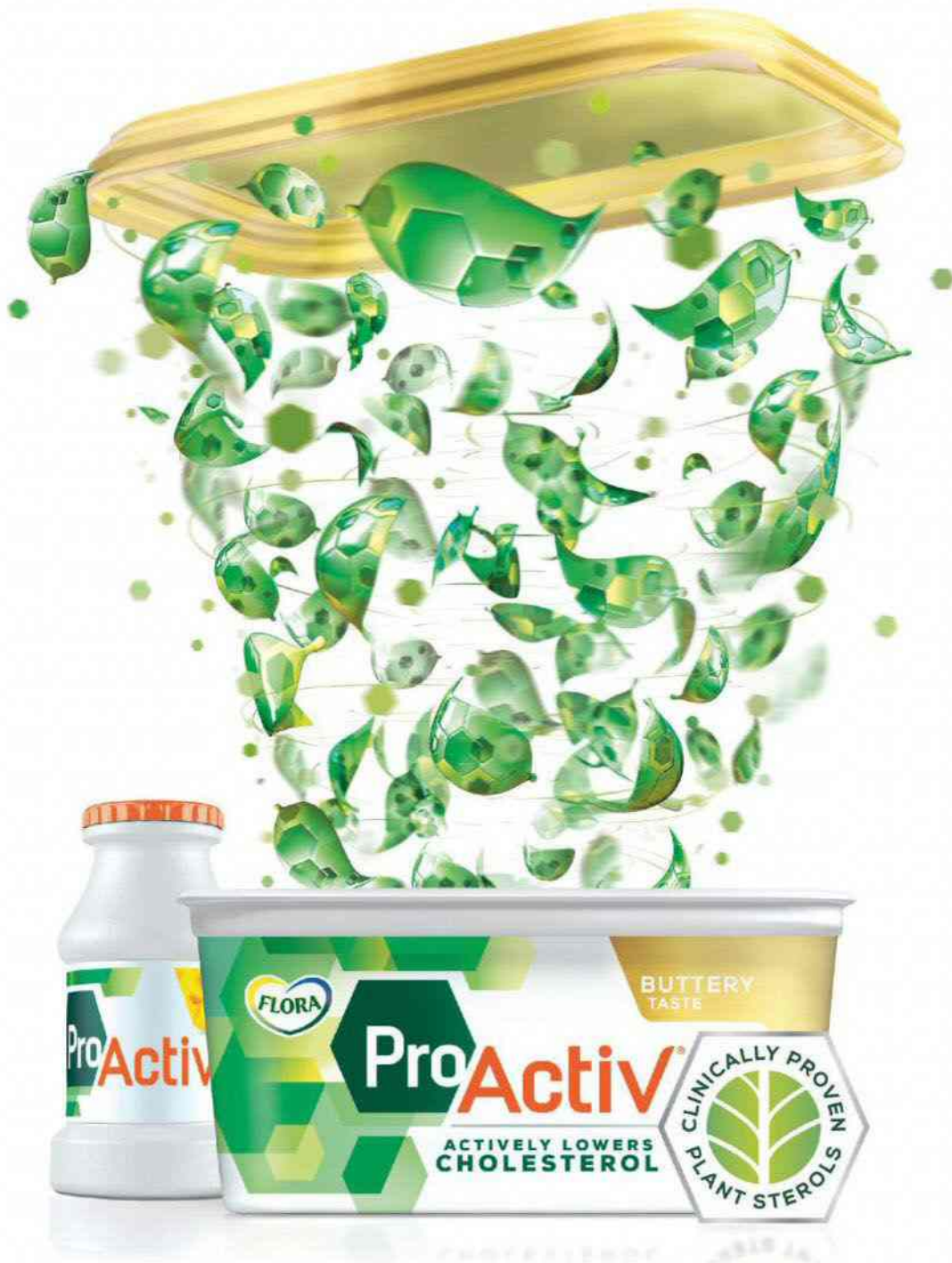
'It was such a lucky escape'

Words: Kira Agass Photos: BNPS



Joanne with Isabelle, then five, and the storybook she wrote

High cholesterol is a risk factor of Coronary Heart Disease



Lower your cholesterol with the natural power of added plant sterols*

*Flora ProActiv contains plant sterols. Plant sterols have been shown to lower blood cholesterol. High cholesterol is a risk factor in development of coronary heart disease. There are many risk factors for coronary heart disease and it is important to take care of all of them to reduce overall risk of it. Consuming 1.5-2.4g of plant sterols daily can lower cholesterol by 7-10% in 2-3 weeks, when consumed as part of a healthy diet & lifestyle. Charity Registration No: 1003904



Ask ANITA

Mum-of-two **Anita Naik** is an agony aunt and author with 22 years of experience. Whatever the problem, she's here to help...

MONEY HAS COME BETWEEN US

I lent a friend £500 when she moved to a new city. But while I was confident she'd pay it back in a month, I didn't hear from her. I called and she was very apologetic and said she was short and asked if I'd give her until the six-month mark. That time has come and gone and I've heard nothing. I'm furious, because I see her on Facebook all the time going out and buying new stuff so I can tell she has cash. I feel very used.

Frances, 48, London

Nothing breaks a friendship faster than money. I agree your friend has behaved pretty badly in not keeping you up-to-date about returning your money, and I'm not surprised you're so angry. It sounds as if she's having major money problems, and Facebook posts are no real indicator of what's happening in a person's life. However, while you can be empathetic, it doesn't mean writing your money off. If you can bring yourself to talk to her, give her a call and, staying calm, explain how upset you are. At the same time, ask her to be 100% honest with you so the two of you can come up with a payment plan – weekly or monthly instalments being a good start. If you can't bring yourself to speak to her, then write her an email saying all these things, but avoid making angry demands as this is likely to have the opposite effect that you want.

Contact ANITA

Send your questions to askanita@timeinc.com Follow her on Twitter @AnitaNaik Or go to anitanaik.co.uk



Top letter

Should I take the risk?

After having kids, I fell into a really boring job. I'm still doing it 12 years on and it's killing my confidence. My dream job is to make cakes for a living, but I'm too scared to give up my job – I have mouths to feed and bills to pay. I just keep wondering if I'm ever going to get the chance to do it. I feel so sad when I think about what I could have been.

Louise, 51

The good news is this is not an either/or situation. You can pay the bills and achieve your dreams if you make the proper plans. Like many people, you're constrained by your day job, but the good thing about cakes is that you can make them and sell them at any time. It's hard work, but it's a good way to put your dreams into practice. This might not mean setting up a huge business, but all you have to do is a quick Facebook search for cake makers and bakers and you'll find inspiration. There are so many women using the social media site to sell their wares on to friends and friends of friends. All it takes is a couple of photos, quick testimonials from your friends and family and a will to make it happen.

OUR EMPTY NEST HAS CHANGED EVERYTHING

Since our son left home for university and our daughter moved out at Christmas to live with friends, my husband has started to annoy me more and more. We've been together for 30 years and I love him dearly, but we just can't seem to stop arguing. We've always bickered, but now it's taken over and we're never happy or laughing. I'm sure it's down to the fact that we have an empty nest, but I don't want us to be one of those couples who fall apart without kids. I thought we were so much stronger.

Caroline, 58, Bucks

I think your letter will ring a bell for many readers. The two of you are caught in a trap of resentment, anger and irritation and the only way out is to call a truce and set up some new ground rules now your kids have gone. Instead of listing what you find annoying and irritating about each other, how about listing what you like about each other, what you'd like to do together in the future and what you both miss about having the kids at home. Empty nest syndrome is hard and affects couples in different ways but instead of letting it drive you apart, use your sadness to pull together and make new plans.



Photos iStockphoto.com. Posed by model

5 WAYS to escape a toxic friend

It's not always easy to ditch friends – but if there's someone you're over who is negatively impacting your life, here's how to do it...

1 Distance yourself slowly from them. Not just in life, but also on Facebook and any other way you are connected, such as WhatsApp.

2 Don't make a big deal about it to anyone. Talking about it or letting people know what you're doing makes it gossip-worthy. Back away slowly and quietly.

3 Don't confront them. This only engages them and gives them ground to connect with you and re-establish the friendship.

4 Don't feel guilty. Not all friendships are made to last forever, and you don't have to stay friends with someone who is difficult.

5 Avoid the places where you'll meet. It may mean changing your habits but you need to weigh up what is more important to you.

5 ways to...

Avoid cystitis

A burning sensation when you go to the toilet, tummy pain and dark or strong-smelling urine are all signs of this bladder infection that affects over half of women at least once in their lives.

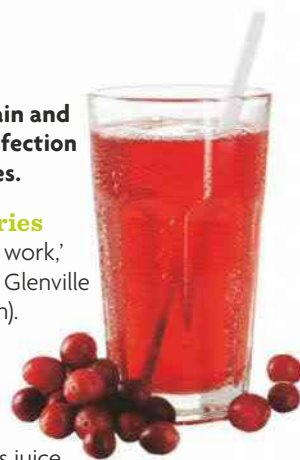
1 Ban sex for a while Making love can cause cystitis if bacteria is spread and can make symptoms worse if you already have it, so give it a rest until it's gone. See your GP, who can prescribe antibiotics that should start to clear it up in a day or two.

2 Wipe front to back This is vital when going to the toilet. Most cases occur when bacteria that live harmlessly in the bowel or on the skin get into your bladder through the urethra (the tube that carries urine out of your body). Inserting tampons, using a diaphragm or a catheter may also spread bacteria and trigger cystitis.

3 Try cranberries 'They really do work,' says Dr Marilyn Glenville (marilynglenville.com). 'Substances in them can stop bacteria from sticking to the walls of the urinary tract.' Try dried or as juice.

4 Drink plenty of water Aim for three to 3.5ltr over 24 hours, sipping throughout the day to flush away bacteria. 'Especially when drinking alcohol or eating sugary foods as these can aggravate cystitis,' says Shona Wilkinson from nutricentre.com.

5 Avoid bubble baths Foaming bath products, feminine hygiene sprays, fragranced washes and soaps can irritate and exacerbate symptoms. Wash sensitive areas with just warm water, or try **Organyc Natural Intimate Wash** (£6.95, organyc.uk).



Health NEWS

NEW FOR YOU

Steripod Toothbrush Protector, £4.99 for a pack of two, Boots

The average toothbrush can contain as many as 10 million bacteria including E.coli, staph and even faecal matter, so we need something to keep them germ-free. 'Every time you flush the loo, tainted water droplets are sprayed up to 10 feet away, which can land

on your toothbrush. So close the lid,' says TV cleaning guru Aggie MacKenzie. This nifty new device clips over your manual or electric toothbrush head, stopping all those nasties from getting there in the first place. It also has sanitising thymol and air holes to keep brushes fresh and clean. A bathroom must and great for travelling, too.


Woman's Own tested

Jessica Bowden, Chief Sub Editor, says: 'My husband's snoring can make it difficult for me to sleep. Sometimes a gentle nudge helps, but not always! So we tried Rhinomed Mute (£13.59

for a pack of three, Boots). This small plastic device sits comfortably inside his nose and dilates his nostrils, which reduces snoring significantly.'


App of the week

MUSICFORMOODS, £2.29, ANDROID AND IPHONE

Feeling stressed? Try this new app, (musicformoods.com) which can measure your heart rate and de-stress you via music and guided breathing. It was developed by composer Rickard Åström, who investigated the biological impact of music. Use for five to 10 minutes a day by touching the camera lens on your phone, which will measure your pulse.


A BIG THUMBS UP TO...

SALLY DAVIES, CHIEF MEDICAL OFFICER She's calling on employers to be more understanding of employees going through the menopause. If you've had hot flushes at work you'll know it's no joke, but research shows only one in four women have talked about their symptoms with their manager. Get more help coping with symptoms at nhs.uk/live-well/menopause-matters.co.uk.



218

That's how many minutes the average person spends procrastinating every day. We say, just do it – you'll feel so much better afterwards!

9 in 10

people believe it only takes a small change to salvage a bad day. Top of the list was doing a good deed for somebody, closely followed by a spontaneous hug!

11.17am
on a Monday
is when Britons
feel unhappiest

10 SHORTCUTS TO HAPPINESS

Feeling a bit blue?
These easy tips
will help put a
smile back on
your face

1 BE MINDFUL

Eat breakfast in a daze and shower in a trance? Try instead to focus on what you're doing. If you have a cup of coffee, smell the fragrance, feel the warmth of the mug – use all the senses to be 'in the moment'. Studies show meditation can rewire the brain to reduce stress levels, while increasing contentment. Go to lifehacker.co.uk/2010/07/20/guide-meditation-rest-us.



3 BUY A DIGITAL PHOTO FRAME

Open University researchers found flicking through a photo album made volunteers' moods lift by an impressive 11%. Looking at pictures of good times and of those who are closest to us brings about feelings of comfort and happiness.



4 SAVOUR A FROZEN SQUARE OF QUALITY DARK CHOCOLATE

The feel-good sensation of chocolate is due to a natural chemical found in cocoa called phenylethylamine, which researchers believe can create a feeling of mild euphoria, similar to the experience of being in

love. And why frozen? Because it melts more slowly – and you won't be tempted to eat a whole bar!



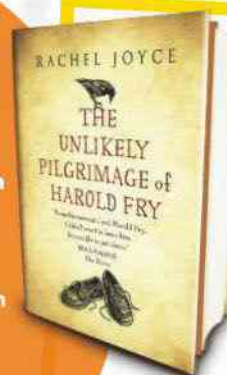
2 GET A DOG (...OR A CAT)

Pet owners are healthier, have greater self-esteem and are less lonely than those who don't have animals at home, according to a study. They're also more conscientious, extroverted and less fearful, say researchers at the American Psychological Association. And, in a survey of 1,000 dog and cat owners, and 1,000 non-pet owners, commissioned by Blue Cross animal charity, pet owners tend to earn £3,000 more a year than those without an animal, have jobs they enjoy, spend more time with their families and are generally happier and healthier too!



5 READ THE UNLIKELY PILGRIMAGE OF HAROLD FRY

This novel is one of many recommended by book groups as 'mood-boosting', which experts hope will help those with depression, anxiety and stress. They are part of the Books on Prescription scheme, supported by the Department of Health. To find out more, visit reading-well.org.uk.



6 HAVE A WALK... FOLLOWED BY A SPRINT!

A brisk 10-minute walk can increase self-esteem while reducing anxiety and stress, according to the Mental Health Foundation. Exercise decreases stress hormones while increasing endorphins, adrenaline, serotonin and dopamine, all of which can have a positive effect on mood. And, if you add a 30-second sprint at the end, this doubles endorphins and improves your mood for up to 90 minutes!



7 FORGET RETAIL THERAPY – GO ON A DAY TRIP INSTEAD

Experiences make us happier than new objects, according to psychologists at San Francisco State University because the excitement of buying something new fades faster than great memories. So use your savings to snap up a short break. Visit wherecanwego.com for ideas.

8 DO SOMETHING SPONTANEOUS

Book a last minute ticket to a show, pop round a friend's house for an unplanned night in with a glass of wine, or go to an event. Changing our normal routine reminds us to be happy right then, and to remember we have the freedom and power to do whatever we like. People who volunteer are also more likely to be happier as it increases empathy, which makes you appreciate what's good in your own life.



9 FAKE A SMILE

It may be the last thing you feel like doing but experts suggest how we act physically can affect how we feel emotionally. The act of smiling can tilt your emotions towards being happy and is likely to prompt a smile in return. Not convinced? Psychologists at the University of Cardiff discovered those who have an inability to frown due to Botox injections feel happier than those whose muscles allow them to! Happily, a smile is free!

10 GET 'APPY

Apps can be useful mood boosters, says Dr Lucy Maddox, an NHS clinical psychologist and lecturer. For instance, HappyHealthy (free, App Store) lets you track your moods and is based on the simple belief that everything from our diet to exercise directly affects our mood. It's been shown to improve happiness levels by 12% in the first week of use.



I'll always miss my brave girl

Her daughter Reanne had battled so hard for life, but here, Kerry Sheward, 53, explains how the cruellest twist was yet to come...

Every mother is proud of her children. Whether it's good grades at school or winning a race at sports day – every achievement is worth celebrating. And when my daughter Reanne did well, it was always extra special. You see, Reanne faced not one, but two life-threatening conditions – and despite a continuous cycle of hospital appointments and tests, she was determined to succeed.

But in the end, no amount of drive could have been enough to help my girl, and it was a tragic case of bad timing that took her away from us forever.

As soon as she could crawl, Reanne would tear around the garden looking for new places to explore – she was always full of energy. Then, aged two, after noticing she looked a little pale, I took her to the GP, who sent her for blood tests. Two weeks later, my husband Phil and I were given the news that devastated us – Reanne had leukaemia.

Our girl was launched into chemotherapy.

The few curls she had fell out and she'd cry all night because of painful mouth ulcers. But as ill as she was, Reanne saw her hospital visits as just another adventure. Her siblings, Clare, then 13, Rory, seven, and Dana, two months, would come with us and together we'd read books and sing songs. Reanne's favourite was *You Are My Sunshine*. 'Sing it again, Mummy,' she'd always say.

After six months, Reanne was in remission. But the chemotherapy had damaged her heart. 'She's developed a condition called cardiac toxicity,' said the doctor. 'The muscles in the left side of her heart are weak and will struggle to pump blood around her body. She'll grow tired easily and won't have as much energy as other children her age.'

From then on, Reanne had scans every six months. As the years passed, she hated that it made her different to her friends, but she refused to let anything hold her back. As a teen, she had all the same hobbies as her siblings – trying everything from Irish dancing to horse riding.

Although she was exhausted when she came home and needed extra naps the day after, she never gave up.

Then, aged 19, she got a job in the local supermarket. It was there she met Scott. He was lovely, just the kind of boy you'd want your daughter to date. Six months into the relationship, in June 2012, they got engaged and I was so happy for her.

A new lifeline

If it wasn't for her six-monthly scans, Reanne's poor health would have been nothing more than a distant memory. But in November 2012, when Reanne was just 21, I went with her to the hospital. Nothing could have prepared me for what was to come.

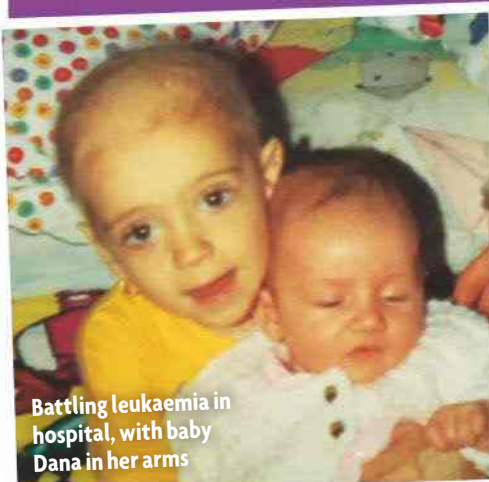
'We think you have heart failure,' said the doctor. I couldn't hold back the tears, I was terrified – surely heart failure meant death?

But Reanne was calm. 'What can we do?' she asked. The doctor went on to explain it wasn't a death sentence. 'Lots of people live with heart failure,' he said. 'But we'll need to put you on medication and you'll need to

'She refused to let it hold her back'

REANNE'S INSPIRING LIFE

Despite her illness, she tried to make the most of every day



Battling leukaemia in hospital, with baby Dana in her arms



As a child, she was so active



With her siblings (l-r): Rory, Dana, Reanne and Clare



Kerry thinks
about Reanne
all the time

From the heart

'I'm fine,' Reanne said, when I called to explain. 'I can cope without you and Dad for one day!' I told myself I didn't have anything to worry about, but later that morning the phone rang – it was Scott and he was crying. 'Reanne's collapsed,' he said. As my pulse quickened, all I could think about was getting to her side as quickly as I could.

I called Phil and we raced to the hospital. We were just 20 minutes away when my phone rang again. It was Rory, then 29 – he was at the hospital. 'Please tell me what's happened,' I said. But Rory could hardly speak. 'She's dead, isn't she?' I asked. There was a pause. Then Rory said yes – and the sound of my screams filled the car.

So many questions

I don't know how Phil and I made it to the hospital, but when we did, a doctor took us to see Reanne. As soon as I saw her dark hair – tied in the French plait – fresh tears flowed down my cheeks. How could my girl be gone? She was only 23. Yes, she'd had her health problems, but she'd always been a fighter. How could her life have ended, just like that?

Phil and I clung together in grief until finally we got some answers. 'Reanne's heart was just too weak,' the doctor explained, gently. 'She had a cardiac arrest.' I sat in a stunned silence. Reanne's heart had failed on the very day that she was supposed to have a pacemaker fitted. If only she'd had it, it would have saved her. How could life be so cruel?

In the weeks that followed, I tortured myself thinking about what could have been – the life Reanne could have had, the life she *should* have had.

Hundreds of people came to her funeral. As her coffin was brought into the church, we played *You Are My Sunshine* – the song I sang to her when she was little.

It's now 13 months since Reanne's death, but life doesn't get any easier. We still see Scott every day and we talk about Reanne all the time. I've told Scott that one day he'll have to move on, that he deserves to find love again – but right now, his pain is still too raw.

I can't shake the feeling of just how unfair her death was – as though fate played a cruel trick on us. Her time with us was cut tragically short – but whenever I see a picture of her smiling face or hear the first few notes of *You Are My Sunshine*, I know that she'll be with us forever. ♦

♦ **The British Heart Foundation is the UK's largest funder of cardiovascular research. Through the public's generosity, it will fund £500 million of research over the next five years. Visit bhf.org.uk**

slow down much more – I mean it this time.'

It was a relief, but in the following months, it was clear how much weaker her heart was becoming. She tried to carry on as normal, but she was exhausted and lived in constant fear of her heart giving up. She even had to quit her job.

Scott was great, helping to keep her spirits up and talking about planning their wedding, but Reanne was desperate to get better, to be independent again. She read everything she could about her illness and in July 2014, doctors offered her a lifeline – a pacemaker.

'As you know, heart failure means the risk

of cardiac arrest is greater but a pacemaker could save your life if that situation arose,' the doctor said. It would mean a big operation, but with a pacemaker, Reanne wouldn't have the constant worry – wondering if her heart would fail. It would mean a life free of stress and a chance to be herself again. 'I want to do it, Mum,' she said firmly.

Screams of pain

Six months later, in January 2015, Reanne went into hospital. Her operation was scheduled for four days later, but she'd have a thorough health check before. Far from being nervous, all she could talk about was going back to work and getting married to Scott.

But just three days before her operation was due to go ahead, Reanne started to get poorly and the doctor called us in for a meeting. 'Reanne, you've got a chest infection,' he said. 'We can't go ahead with the surgery.'

Looking at Reanne, I saw the tears roll down her cheeks. The pacemaker could have given her back her life – she was crushed. 'You'll have the operation another time,' I said.

She was kept in hospital and put on antibiotics. Phil and I visited every day and the kids would come, too – Dana, then 21, would paint Reanne's nails and tie her hair into a French plait. But on 9 January 2015 – the day Reanne should have had her pacemaker fitted – I had to go into work.

*'How could
life be
so cruel?'*



She was so in
love with her
fiancé Scott

Teatime TREATS

Plan the perfect afternoon tea with our foolproof cake and cookie recipes. Stick the kettle on!

Chocolate peanut cupcakes

MAKES 12 PREP TIME 40 MINS PLUS COOLING COOKING TIME 15 MINS

YOU WILL NEED

- ◆ 125g butter, softened
- ◆ 125g caster sugar
- ◆ 2 large eggs
- ◆ 1tsp vanilla extract
- ◆ 100g plain flour
- ◆ 50g cocoa powder
- ◆ 1tsp baking powder
- ◆ 4tbsp milk

FOR THE MERINGUE BUTTERCREAM

- ◆ 3 large egg whites
- ◆ 185g caster sugar
- ◆ 200g butter, softened
- ◆ 50g smooth peanut butter
- ◆ 1tsp vanilla extract
- ◆ 50g salted peanuts, chopped

HOW TO DO IT

1 Heat the oven to 180°C/Gas 4. Beat the butter and sugar together until soft and creamy then whisk in the eggs and vanilla extract. Sift the flour, cocoa powder and baking powder into the bowl and fold in. Stir in the milk then divide the mixture between 12 paper cases in a cupcake tin. Bake for 12-15 mins.

2 While the cupcakes are cooling, make the buttercream. Place the egg whites and sugar in a bowl over a pan of gently simmering water. Stir until combined (about 4

mins). Remove from the heat and beat with an electric whisk until thick and glossy.

3 Whisk in the butter and peanut butter, 1tbsp at a time, whisking well after each addition. Repeat with the vanilla extract. Pipe or spread swirls of the buttercream over each cupcake. Sprinkle with the peanuts.

COST PER CUPCAKE
30p

NUTRITION PER SERVING

426 cals, 7g protein, 34g carbs (27g sugars), 29g fat (16g saturates), 1.5g fibre, 0.8g salt



Battenberg cake

SERVES 10 PREP TIME 40 MINS PLUS COOLING COOKING TIME 25 MINS

YOU WILL NEED

- ◆ 175g butter, softened
- ◆ 175g caster sugar
- ◆ 3 medium eggs
- ◆ 175g self-raising flour
- ◆ 2tbsp milk
- ◆ A few drops of pink food colouring
- ◆ 10tbsp apricot glaze or warmed and sieved apricot jam
- ◆ 350g marzipan
- ◆ Icing sugar, for dusting

HOW TO DO IT

1 Heat the oven to 180°C/Gas 4. Grease and line a 25 x 15cm cake tin with baking paper. Cut an extra piece of baking paper the size of the tin, fold it in half lengthways and place upright down the centre of the tin.

2 Using an electric mixer, whisk together the butter, sugar, eggs, flour and milk until soft and creamy. Spoon half the mixture down one side of the tin. Colour the remaining mixture pink with food

colouring. Spoon into the other half of the tin, separated by the baking paper. Bake for 25-30 mins until well risen and firm to touch. Cool on a wire rack.

3 Cut each cake colour in half lengthways and trim the tops to level. Spread apricot glaze over each piece of cake and stick together in a chequerboard pattern. Brush apricot glaze over the outside of the cake for the marzipan, too.

4 Roll out the marzipan to the length of the cake and four times the width. Place the cake on one side of the marzipan and roll it so that all sides are covered. Trim any excess at the join and mark a criss-cross pattern on the top.

NUTRITION PER SERVING

471 cals, 7g protein, 64g carbs (50g sugars), 21g fat (10g saturates), 2g fibre, 0.6g salt

COST PER SERVING
28p



COST PER
COOKIE
9p

Easy choc-chip cookies

MAKES 20 **PREP TIME 20 MINS**
COOKING TIME 15 MINS

YOU WILL NEED

◆ 175g plain flour
◆ ½tsp baking powder
◆ 125g butter, softened
◆ 125g light muscovado sugar
◆ ½tsp vanilla extract
◆ 1 medium egg
◆ 100g dark chocolate chips

HOW TO DO IT

1 Heat the oven to 190°C/Gas 5. Line two or three baking trays with baking paper. Place all the ingredients in a bowl and beat together to mix.

2 Spoon tablespoonfuls of the mixture on to the baking trays, making sure you leave room for the mixture to spread.

3 Bake for 12-15 mins until golden brown. Leave on the baking trays for a few mins to firm then

transfer to a wire cooling rack to cool completely.

NUTRITION PER SERVING

133 cals, 2g protein, 16g carbs (9g sugars), 7g fat (4g saturates), 0.5g fibre, 0.2g salt



Best ever carrot cake

SERVES 16 **PREP TIME 40 MINS**
PLUS COOLING COOKING TIME 45 MINS

YOU WILL NEED

◆ 300ml sunflower oil ◆ 4 large eggs
◆ 250g light muscovado sugar ◆ 1½tsp vanilla extract ◆ 350g carrots, peeled and coarsely grated ◆ 100g ground almonds
◆ 100g walnuts, chopped, plus extra to decorate ◆ Zest and juice of 1 orange
◆ 150g raisins ◆ 300g plain flour
◆ 100g wholemeal flour ◆ 1½tsp bicarbonate of soda ◆ 1½tsp baking powder ◆ 1½tsp ground cinnamon
◆ 1tsp ground mixed spice

FOR THE ICING

◆ 900g full-fat soft cheese ◆ 500g icing sugar ◆ Zest of 2 lemons, plus a squeeze of juice

HOW TO DO IT

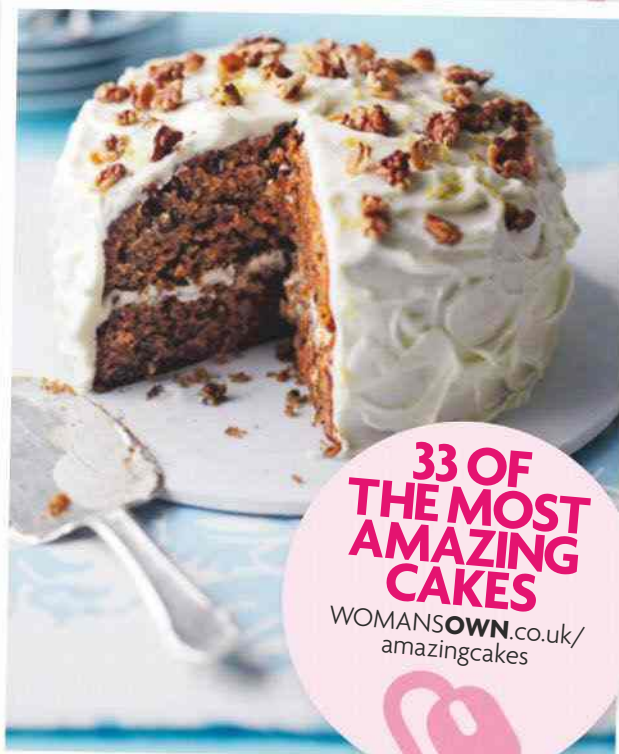
1 Heat the oven to 180°C/Gas 4. Grease and line two 20cm round loose-based cake tins with baking paper. In a bowl, whisk

together the oil, eggs, sugar and vanilla extract.

2 Stir in the carrots, almonds, walnuts, orange zest and juice and raisins. Sift in the flours, bicarbonate of soda, baking powder and spices, and stir to combine.

3 Divide the mixture between the tins and bake for 45 mins until springy and a skewer comes out clean. Turn out on a wire rack to cool.

4 To make the icing, mix the soft cheese and icing sugar together with a squeeze of lemon juice. Sandwich the cakes together with one-quarter of the icing then spread the remaining icing over the top and sides of the cake. Decorate with walnut pieces and a sprinkling of lemon zest.

COST PER
SERVING
69p

**33 OF
THE MOST
AMAZING
CAKES**

WOMANSOWN.co.uk/
amazingcakes

NUTRITION PER SERVING

677 cals, 11g protein, 75g carbs (55g sugars), 37g fat (11g saturates), 3g fibre, 0.9g salt

Sperm donor babies...

The battle for THE TRUTH

If sperm donors were guaranteed anonymity, should their children now be allowed to contact their biological fathers?

When she was 28, Jess Cresswell's mother tearfully asked her to sit down for a chat. Automatically fearing the worst, Jess, now 35, was relieved as her mum Jackie, 69, reassured her she was in perfect health. However, she had a life-changing revelation.

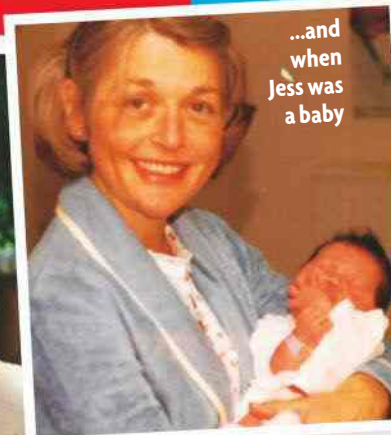
'Mum told me my dad wasn't actually my father,' says Jess, recalling their conversation seven years ago. 'I'd been conceived using a sperm donor.'

'I didn't know what to think. I'd never had any inkling my dad wasn't my biological father, I even thought we looked pretty alike. Suddenly it dawned on me

I could have passed my real dad in the street and not realised.'

Jess, a concert manager and mum to a one-year-old daughter, from London, was

conceived in 1980. At that time, no official records were kept about donors. This changed on 1 August 1991, when the Human Fertilisation and Embryology



Authority (HFEA) was formed to record donors' details and regulate the practice, although it also guaranteed lifetime anonymity.

Then, in 2005, a law was introduced that banned future sperm donors in the UK from



I'll be open about where my children came from

Sarah Swan, 45, is a single mum to George, three, and 10-month-old twins Noah and Lilah. She achieved her dream of motherhood thanks to a sperm donor.

'I'd always known I wanted to be a mum, so when I got to 39 and still hadn't met the person I wanted to settle down with, I decided to go it alone,' says Sarah, a business analyst from Leicester. 'I chose a donor who has hazel eyes, light brown hair, enjoys sports and is a police officer, as those factors really appealed to me.'

'At the moment, the children are too young to understand, but I plan to be open

with them about where they came from and how they were conceived. It's important for them to know they were very wanted and that the man who made them was a special person. And if they want to make contact with him once they're 18, I'll support them 100%. It's great they have that chance and might be able to find out if they have any half-siblings.'

Sarah's children were conceived using sperm from the same donor

Even so, Sarah admits she feels uncomfortable at the thought of any UK law that could lift the anonymity of all sperm donors.

'It's not really fair for a guy who donated more than 30 years ago to have children he never knew existed turning up on his doorstep. That's not what he agreed to,' she says. 'Donor-conceived people have rights, but so do the men who donated the sperm to create them.'



'I might have 100 children'

Andy Waters, 50, is an IT manager from Hertfordshire. He has two children, aged 10 and 15, and donated sperm for four years as a student.



I decided to become a donor when I was 19 after seeing how deeply a family friend was affected by infertility. Not being able to have children caused them so much distress and I knew I was in a position to be able to help others in the same situation.

The unknown

When I went to the clinic for the first time, in 1985, I was screened for HIV and given a health check, then I donated regularly for around four years. I was paid £10 each time, but money was never my motivation – I wanted to help others. Anonymity was part of the deal, but I'd have donated regardless.

I don't know for sure how many children were created as a result of my donations. It was at least 10, but could be as many as 100. There were no rules as to how many children one donor could create, whereas today one donor can only help a maximum of 10 families, which I think is a good idea.

After much soul-searching, I added my name to the Donor Conceived Register in 2005, so any offspring could get in touch with me if they wanted to. I sometimes think about the children I might have created at key milestones, such as turning 18, and wonder what they might look like.

But what I did isn't about me, it's about them, and I'll never regret being a sperm donor – it's one of the best things I've done in my life.

discover if I had any donor-conceived siblings [who'd given their consent to be contacted], she says.

'I spoke to the NHS fertility clinics where Mum was treated, but all records were destroyed.

'I've also signed up to the Donor Conceived Register, which means if my donor ever decides voluntarily to lift his anonymity and signs up, then I'll be notified. I don't know if I'd want to meet him, but I would like to know more.'

Generous gift

Jess can appreciate both sides of the donor anonymity argument. 'I understand how finding out about your genetic background could be crucial as my medical history is a blank,' she says. 'Ultimately, I feel that pre-2005 donors should retain anonymity if that's what they want. After all, if my donor had not been guaranteed it, he may never have donated. I consider him a generous, kind man who deserves the utmost respect for what he's done. We should never lose sight of that.' ♦

EVERY YEAR 2,000 BABIES IN THE UK ARE BORN THROUGH DONATED SPERM

remaining anonymous. Any donor-conceived child born after that year can access information identifying their donor once they turn 18 – and that includes their name, date of birth and last known address.

In the Australian state of Victoria this is being taken a step further, with legislation proposing to retrospectively remove anonymity from all sperm donors. This will allow any genetic offspring to contact them, despite the fact they were guaranteed anonymity at the time of donation.

But could something similar ever come into force in the UK? Some claim it should, saying that being prevented from finding out their genetic background can cause donor-conceived people feelings of grief and anger. Others say removing all anonymity would be unethical.

Jess admits that once she knew she was conceived with donor sperm, she was keen to learn more about her natural

father. 'Mum explained that my nonbiological dad had two children from a previous marriage and had since had a vasectomy,' she says. 'When they married, he went for a reversal but it wasn't successful, so they had fertility treatment using a sperm donor. She was worried I'd never want

to speak to her again, but we're closer than ever.'

Although Jess has been estranged from her father due to unrelated reasons,

Jackie informed him she planned to tell their daughter about her conception. 'He contacted me to say that he'd always thought of me as his own child,' says Jess. 'However, I still wanted to look into the possibility of finding my donor.'

Jess contacted the National Gamete Donation Trust, a charity that advises families on the issues around sperm and egg donation, and went to a meeting to talk to people in a similar position. 'I was keen to

I would like to know more'

Smart shopper



Our expert **Tara Evans** saves you time and money with her cash-savvy tips

CRASH COURSE

Comparison website gocompare.com has designed an accident record that drivers can keep in their car in the event of a crash. It records details and has a handy list of questions to ask, plus diagrams to note down any damage that may have been done. Download it online and print out at gocompare.com/car-insurance/exchanging-details.



Could your clutter be worth

The average home has almost £2,000 of unwanted but potentially valuable items, according to research by loft conversion specialist essexrooms.com. Here's how to convert them into cash...

£1,922?

1 GET ANTIQUES VALUED

If you uncover forgotten antiques – or an item that you think might be valuable – then it could be worth getting it looked at by a professional. Kovels.com has a free price guide online based on previously auctioned items, but you will have to pay upwards of £15 per item for an exact valuation.

2 SELL, SELL, SELL

For high-value items, such as electricals, furniture and branded clothing, do your research before selling. Search auction website eBay, Preloved and listing website Gumtree for the item you want to sell to get an idea of the price. New website Furnitureetc allows you to sell (and buy) high quality and vintage furniture, too. But always compare prices across sites, even if you

eventually decide to sell at a car boot sale.

3 ZAP FOR CASH

Sell books, CDs, DVDs, games and old mobile phones to Zapper in return for cash. Download the app to your smartphone (available for free on iOS and Android). Scan the barcodes of items, box them up, print out the label and drop it at your nearest CollectPlus collection point. I had loads of fun doing this and got £15 for a box of books and DVDs.

4 GET TIDYING

Japanese decluttering guru Marie Kondo has sold over five million copies of her books. In her latest, *Spark Joy*:



An Illustrated Guide To The Japanese Art Of Tidying (£12.99, amazon.co.uk), she advocates only keeping the items that give you a feeling of happiness. Marie also recommends clearing clutter not by room, but by category. For example, if you're looking to clear out clothes, collate them in one place from all wardrobes, coat hooks and shoe racks around your home. Touch each item – not just look at it – to see which ones 'spark joy' and which you are keeping unnecessarily.

5 USE THE FREE SPACE & MAKE MONEY

Once you've got rid of the clutter you could use the space in a new, more exciting way. If you opt to have

3 ways to...

BE FRUGAL AND HAVE SOME FUN

Being on a budget doesn't have to be boring, as Iona Bain from youngmoneyblog.co.uk explains...

1 FIND SOME 'DECOY FREEBIES'

'Make a list of activities like reading a book, doing yoga or new challenges like starting a blog,' says Iona. Whenever you feel the urge to splurge, go straight to one of your decoy freebies – you'll soon see the savings mount up.

2 VOLUNTEER FOR FUN

Helping out at music, food and book festivals during the spring and summer can be a great way to meet new people and enjoy culture for nothing. But you'll need to register now with sites such as

oxfam.org.uk/stewarding and look out for listings in local newspapers, magazines and noticeboards.

3 TAKE A HOMEMADE CHALLENGE

Need a facial? Try making your own mask from all-natural ingredients you already have. For example, a Greek yogurt and honey face mask with a pinch of nutmeg, leaves skin looking bright and exfoliated. Always do a patch test before applying.



HOW DO YOU SAVE MONEY?

Tell us how you save cash and you could earn £25! Get in touch via email at womansown@timeinc.com or on Twitter @TaraEvans

your now empty loft converted you could add as much as 20% on to the asking price of your home, according to Nationwide Building Society. You will require planning permission from the local council, but for more info visit planningportal.gov.uk/permission/commonprojects/loftconversion.

Or if you have freed up a room, why not rent it out to a lodger? You can earn up to a threshold of £4,250 tax free under the Rent a Room Scheme (£7,500 from April) doing this. See gov.uk for more information.



EasyJet's Stelios Haji-loannou opens his first 25p store

THE 25p SUPERMARKET

Would you use it?

There is a new budget supermarket on the block to rival Aldi and Lidl – easyFoodstore. It's from the same group as easyJet and the first store in Park Royal, London, is open now. Everything from biscuits to teabags, chickpeas to sardines are – you guessed it – 25p this month. Following a successful launch, it is planned to be rolled out to south-east London, the Midlands and the North, although it looks likely that prices will go up but to no more than 50p.

◆ Will you use it? Let us know on Twitter or Facebook

£142 million...

That's how much we spent in the UK on avocados last year – £9m more than on oranges! And now M&S is stocking 'babycados' (£2 for a pack of five)

WIN £100,000!

If you have a savings account with Bank of Scotland or Halifax then you could be in for a jackpot win of a maximum £100,000.

To qualify you should be an existing customer, live in England, Wales or Scotland and have savings of £5,000 or more in one qualifying account to be entered into the draw. Find out more at saversregistration.co.uk.



Woman's Own BINGO

'I've won over £19,000!'

Sharon Morton, 50, from Cumbria, has hit the jackpot an astonishing seven times. Her latest win saw her scoop a huge prize of £2,766

Back in May last year, it was a regular Thursday and I was looking forward to taking care of my grandson, who was coming over for the day.

I look after him every Thursday and, at two years old, he certainly keeps me on my toes! Often on the days I'm not working at my local grocery store, I sit down at my computer and have a few games of online bingo. But with the little one coming over, I pre-bought some tickets to a few games so that I could log back in later to relax at the end of the day.

When I play Woman's Own Bingo, I usually go to the Bingo Lounge. It's a 75-ball bingo room, with a really friendly crowd, so it suits me perfectly.

Having bought five tickets for the Bingo Lounge, costing me

10p each, I left my computer to go and prepare for my grandson's visit. After feeding him, playing with him and changing him, it was soon time for his mum to pick him up. The time always flies when he's over, as he keeps

me busy – and entertained! And once he'd gone home, I put my feet up then went to check my computer.

The chat rooms on the site are always alive with chatter, with people talking about all sorts of things – and not just the games they're playing. I thought I'd log in and have a chat and a few games. My daughters are

members of the site, too, so I thought I might even catch one of them in the chat rooms.

But when I looked at the screen, I was gobsmacked. While I'd been away, something amazing had happened. There was a message telling me I'd won the jackpot with my pre-bought tickets.

My account balance had soared thanks to a £2,766 win – all while I was enjoying

Sharon does it again!



Sharon's 7 BIG WINS

WIN 1 £4,532
WIN 2 £3,430
WIN 3 £3,317
WIN 4 £1,969
WIN 5 £2,982
WIN 6 £1,000
WIN 7 £2,766

**TOTAL
£19,996**



Sharon had two big wins shortly after joining Woman's Own Bingo

What's the best thing about Woman's Own Bingo?

It's so easy to get your head around the site, even for an old-timer like me! Once you've had a couple of goes, it's a doddle. Make sure you give the chat rooms a whirl, too – other members will welcome you!

to Tenerife for a week, so the money means we can treat ourselves to some lovely meals and evenings out.

Fun and games!

I also treated my grandchildren and my daughters, with plenty of cash left over to put aside for Christmas, or for holidays in the future.

Pre-buying tickets is a great way to play and means you can do other things while your games are on. It doesn't matter if you are out and about, you can be sure that you will never miss a number. When you next log on, if you have won, your win will show in your balance

But sometimes, I love nothing more than to sit down and watch my games play out while I get involved in all the chat room banter, too. *Woman's Own Bingo* is great because

'Pre-buying tickets is a great way to play'

there's a big mix of ages on the site, the people are so friendly and it's always a giggle.

You can always be sure that you'll have a great time in the chat rooms, just laughing away with all the other members, and the chat hosts are always up for a bit of fun as well.

When I fancy a change from my old faithful, the Bingo Lounge, I head over to Sapphire or sometimes I play the slots – either Winstones or Peggle.

I used to go to a bingo hall near my home, but playing online is a great alternative. You can play at any time of day and don't have to worry about being late to the

games, plus it's a great option if you don't drive or can't get to your local bingo hall.

It is a lovely feeling when I think about the fact that I've won a seventh jackpot. Even though my friends and family all laughed and said 'not again', each time feels wonderful and still takes me by surprise.

I can't wait to go to Tenerife and make the most of my winnings, so thank you, *Woman's Own Bingo*! ♦

You could be a winner too in 2016

- ♦ In 2015**, over £13 million was won in Progressive Jackpots across all games
- ♦ 2,009 members had wins over £1,000 playing Bingo!
- ♦ £4 million was won in Progressive Jackpots on Wonderland slots.
- ♦ 5,007 members won an amazing Progressive Jackpot on Bingo
- ♦ 632,155 members had wins over £10
- ♦ £3.4 million was won in Progressive Jackpots on Bingo

**Period 1 November 2014-30 November 2015 as part of the Jackpotjoy Network

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 - ♦ Deposit £10 and we'll top it up to £35
- Offer ends 31 March 2016

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18 gambleaware.co.uk

You could be a winner too at womansown-bingo.co.uk



a nice day with my grandson. I was speechless at that point. No matter how many times it happens, winning a big cash prize is always a lovely surprise.

More good news

You see, this wasn't my first jackpot win on the site. In fact, it was my seventh!

I joined *Woman's Own Bingo* almost 10 years ago and had my first win not long after, scooping £4,532. Then it seemed like a year wouldn't go by without me winning a jackpot. Now, I've won over £19,000.

When I told my husband about my win back in May, he couldn't help but laugh. 'I can't believe you've done it again!' he smiled.

I had my 50th birthday coming up, so we put some money towards celebrating with family and friends. The two of us are also going away

Could you work *with your family?*

There are now three million family-run businesses in the UK. Here, we look at the women who've made it work for them...

'My sister is the best business partner'

Being best friends with your sister is great of course, but that doesn't mean we haven't had the odd disagreement – usually about sharing clothes. And being two years older, I used to get so annoyed when my sister Michelle wanted to tag along with my friends.

But we could never stay angry for long, and over the years supported each other through relationships and the stresses of our work in insurance. Then, in February 2001, our mother Doreen lost her battle with cancer and, devastated, we pulled together as we tried to cope with life without her.

One day, we were talking about Mum when Michelle said, 'Life's too short, Sis, we need to do what makes us happy.'

She had always loved cooking and, facing redundancy, said she wanted to open a cafe. It sounded exciting and I encouraged her to do it. But then she asked me to run it with her. As Michelle spoke passionately about the two of us running a business together, the idea of being my own boss became more appealing.

So over the next five months, Michelle researched online and made a list of cafes for sale near our homes in Birmingham. In July 2001, we found one in our price range. While Michelle revamped the menu, I worked on the figures and the sales side.

Friends warned us that going into business with family could ruin our relationship. But Michelle and I were close enough to be honest and upfront, so we promised to tackle any issues head-on.

A month later, we opened.

I took orders and served food, while Michelle cooked up a storm in the kitchen. Some days the stress got the better of us but we made sure we never left the cafe angry, even if that meant screaming it out.

Ten years later, in 2011, looking for our next challenge, we sold the cafe and bought a bigger place, opening The Sisters Café in Maypole, Birmingham.

Now business is booming and it's taken hard work to get here. But I know the real secret to our success is our strong sisterly bond. I couldn't have asked for a better business partner.

**MARIE COOK, 45,
FROM BIRMINGHAM**

◆ [facebook.com/sisterscafehighters](https://www.facebook.com/sisterscafehighters)

'We never left the cafe angry'

There are never too many cooks in the kitchen for Marie (left) and Michelle



'I had to turn off Mum mode'

My daughter Charlotte was 16 when she started her hairdressing course in September 2011. She had always been reserved but as she learnt to cut and colour hair and chat to customers, her confidence quickly grew.

I watched proudly as she found a career path she enjoyed and my son Chris, 18, was equally happy at college. Watching them, I felt inspired to do something that I felt passionate about, too. I'd always loved retro, vintage dresses and while I no longer wore the clothes, I still collected them. So in May 2013, I set up a Facebook page, sourcing and selling online, while still working full-time as a sales manager.

Two months later, in July 2013, after Charlotte finished her course, she landed her first job in a salon. But she felt she





couldn't be creative with her styling. So one day, she had an idea. 'Mum, we should open our own shop,' she said. 'I can cut hair and you can sell dresses.' It was such an odd business proposal, at first I just laughed it off. Plus, I could be a bit bossy and Charlotte wasn't the tidiest. Could I really run a business with my daughter? But over the next few months, the idea came up again.

So one night, Charlotte and I sat at the dining table and wrote down how much rent, bills and supplies would cost. Then, in June 2014, we found an empty shop in our hometown of Lincoln. Looking round, I could imagine us working side by side and I knew we had to give it a go.

Charlotte agreed and, scraping together our savings – and with help from my parents – we had one side of the shop fitted with racks for my dresses and on the other we had a sink and chair put in for Charlotte. Chris helped us market the business on social media and at vintage market fairs.

In July 2014, we opened Frockalicious – a dress shop and hairdresser all in one.

Business was quiet to begin with, but as word spread of our unique services, we built up a client base. While I helped customers try on dresses, Charlotte cut, coloured and styled their hair.

She eventually got so popular it meant I couldn't even get a booking! But being so busy meant that sometimes I found myself cleaning up after Charlotte. One day, as I picked up her towels and the bowls used

to mix hair colour, which had found their way over to my side of the shop, I stopped myself from going into Mum mode. Instead of nagging we sat down and agreed, as business partners, that we needed more space.

Last year, in September we moved to a bigger shop. Charlotte is doing so well and is now saving up to buy a car. I earn enough to live comfortably and I wouldn't trade our business for any other career. I get to do what I love with my daughter by my side.

**CAROLINE MCINTYRE, 46,
FROM LINCOLN**

◆ facebook.com/carolinesfrocks

*'I knew we
had to give
it a go'*

'We had very different styles of working'

I've always supported my son Cato's ambitious side. When he was six-years-old, I tried not to get angry when he cut all the best flowers from my garden and sold them outside our home. And I was impressed when, at 10, he tried to sell his old PlayStation to my friend.

It was no surprise that by March 2013, Cato, then 33, was running a successful website design company. Chatting one afternoon, Cato had another business proposal. 'We should write a book to show people how to start up their own ventures,' he said. As a journalist, I was instantly interested and because we were so close, I thought it would be fun to work together.

So I got in touch with a publisher and, separately, Cato and I came up with ideas. It was a month before we sat down together to start writing.

I flipped open my notepad and started unpacking scraps of paper. Cato flicked open his laptop. It was clear we had very different working styles. I tried to tell him to do things my way, but he refused to listen. So we came to a decision – to write the chapters separately. As we got into our stride, our relationship moved from mother and son to a cooperative partnership.

Writing a book with my son has been a learning experience. Just because I'm his mother that doesn't make me his boss – we are equal partners.

**ANGELA NEUSTATTER,
FROM LONDON**

◆ *The Lifestyle Entrepreneur* by Cato Hoeben and Angela Neustatter (£9.99, Gibson Square); lifestyle-entrepreneur.net



Angela with her son Cato and when he was younger (inset)

Just for
FUN!

Got *ten* mi

CLUES & ARROWS

Fill in the clues in the direction of the arrows

Wise person	Maid ____, Robin Hood's sweetheart	Inheritor	__ Your Eyes Only, Bond film	Common bird of several varieties	20cwt
		Meg ____, You've Got Mail star	Type, kind	Legendary Greek hero	__ Carty, soap actor
Spirited	Thorn in the flesh				
			Unearthly	Abate	Historical artefact
Not fastened or not finished	Contributor	Unco-operative			
			Dropped (from a team)		
Person who bans unsuitable films	Can be eaten	Bangs the feet on the ground	__ Rankin, crime writer	Canal in Central America	Mortar
			Long film or novel		
On the ____, punctuality		Trickle	The majority	High or low card	
		Grown-up boy		Fizzy drink	
Ballpoint pens	Brief note		Primate without a tail		
		One of the twelve Disciples			
Run off to marry	Rotisserie broach		Right, fitting		

Quick & Easy

If you really don't have much time to spare, give your brain a break with one of these

See if you can solve these in 10 minutes

	6			4	
		4	5		
6					3
4					5
		1	6		
	2			5	

SUDOKU

To solve the puzzle, each 3x2 box, each column and each row must contain the numbers 1 to 6

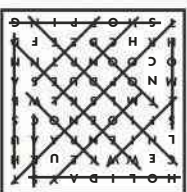
H	O	L	I	D	A	Y	S	T
C	E	W	W	K	E	U	R	H
L	H	I	E	N	R	A	A	U
S	F	I	O	E	N	O	C	S
E	F	M	L	S	K	L	W	B
M	N	O	P	D	U	E	S	A
O	C	O	O	N	R	T	N	N
H	R	H	C	D	E	E	F	D
T	S	H	O	P	P	I	N	G

WORDSEARCH

The answer is the word missing from the grid

CARS	HUSBAND	TRANSPORT
CHILDREN	LUNCH	WEATHER
FOOD	MONEY	WEEKEND
HOLIDAYS	PETS	WIFE
HOMES	SHOPPING	WORK

WORDSEARCH



SUDOKU

3	2	6	1	5	4
5	4	1	9	3	2
4	1	3	2	6	5
6	5	2	4	1	3
1	3	4	5	2	6
2	6	5	3	4	1

CLUES & ARROWS

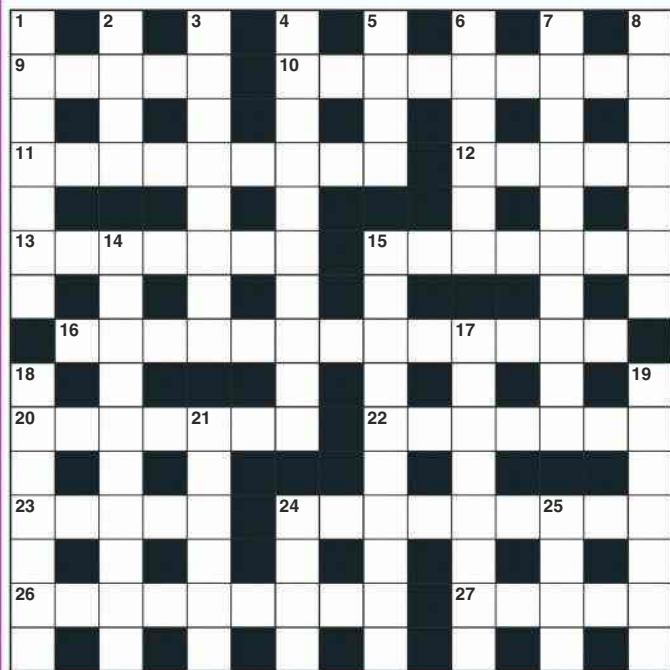


CROSSWORD



Puzzle solutions

nutes?



CROSSWORD

Put your feet up and have a go at our classic crossword

ACROSS

- 9 Metal fastener (5)
- 10 Hide, ready to cause a surprise (3,2,4)
- 11 Lotion for the fingers and palms (4,5)
- 12 Vote into power (5)
- 13 Uttering (7)
- 15 Seven-a-side game (7)
- 16 Material for absorbing excess ink (8,5)
- 20 Falsehood (7)
- 22 Parched (7)
- 23 Opposite of 'little' (5)
- 24 Penthouse (9)
- 26 Relating to germs (9)
- 27 Now broadcasting (2,3)

DOWN

- 1 Put in a file (7)
- 2 Cooking chamber (4)
- 3 Supplier of goods (8)
- 4 Shaggy sheepdog breed (3,7)
- 5 Grin (4)
- 6 Create (a new device) (6)
- 7 Front-runners (10)
- 8 Dignified (7)
- 14 Inability to read or write (10)
- 15 Providing the basis for discussion (10)
- 17 Science of flying aircraft (8)
- 18 Sleep-inducing song (7)
- 19 Something unknown (7)
- 21 Undulating (6)
- 24 Sour (4)
- 25 Test of knowledge (4)

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Woman's Own travel offer

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SANTANDER

WHY? This elegant northern Spanish city sits on a wide bay fringed by mountains. The beaches are flat and wide, there are national parks and the sophisticated centre is full of smart shops, seafood restaurants and gardens, topped off by a gothic cathedral. Along the coast, a place of wild Atlantic beaches and pretty fishing villages, is Bilbao with its futuristic Guggenheim Museum (guggenheim.org/bilbao).

THE FERRY A seafood buffet, two cinemas and even a pool with sun shining in through the glass roof – Brittany Ferries' *Pont-Aven* is more like a cruise ship than ferry. It has lovely cabins,

some with balconies, and sails to Santander weekly from Portsmouth and Plymouth – the round-trip can be a break in itself.

HOW LONG From Portsmouth 24 hours, Plymouth 20 hours.

PRICE Brittany Ferries (brittany-ferries.co.uk) offers seven nights in a luxury mobile home at Camping Playa Joyel in the little town of Noja, from £1,249 for four. Price includes car ferry and en-suite cabin. A three-night return cruise on *Pont-Aven* from Portsmouth or Plymouth to Santander starts at £95pp (two sharing), en-suite room-only.



Brittany Ferries' *Pont-Aven*



Amsterdam comes to life in the spring

AMSTERDAM

WHY? It's tulip time! Amsterdam is special in any season but especially in spring. Visit the Keukenhof Gardens for its displays and take a canal cruise to see the flower-lined banks. The Van Gogh Museum (vangoghmuseum.nl/en) offers year-round colour with the great painter's floral masterpieces.

THE FERRY You can have a blast on the two DFDS Seaways ships that offer daily overnight sailings from Newcastle. There's a collection of bars, a cinema and a casino.

HOW LONG 17 hours.

PRICE DFDS Seaways (dfdsseaways.co.uk) offers a mini-break from £95pp (two sharing), room only, for a two-night cruise and one night hotel stay.



The Guggenheim building is a sight in itself

Le Touquet's pretty beach huts



CALAIS

WHY? Don't overlook this fast route which opens up a delectable expanse of northern France. You have the medieval timbered beauty of Calvados country and beaches with World War Two history, the Bayeux Tapestry and the stylish resort town of Le Touquet.

THE FERRY P&O Ferries sails up to 23 times a day. *Spirit of Britain* is one of the biggest and most modern ferries in Europe. Alongside bars there's the Club Lounge with free champagne (an extra £12pp) and the Brasserie serving scallops and T-bone steaks.

HOW LONG 90 minutes.

THE COST P&O Ferries (poferries.com) offers a three-night break for a car and up to nine passengers from £65. Holiday Lettings (holidaylettings.co.uk) has three nights at the Grand Apple House in Boulogne-sur-Mer from £297 during May.

During National Ferry Fortnight (5-19 March) 12 companies offer discounts and promotions. See nationalferryfortnight.co.uk

Sun and Santander: This northern Spanish city has the lot

DUBLIN

WHY? Combine the elegant streets of Dublin with stirring drives along the coast. There are windswept bays and green hillsides, with purple-tinged mountains in the distance and a different view at every bend.

THE FERRY Irish Ferries' *Ulysses* sails from Holyhead in Wales to Dublin. This ferry giant

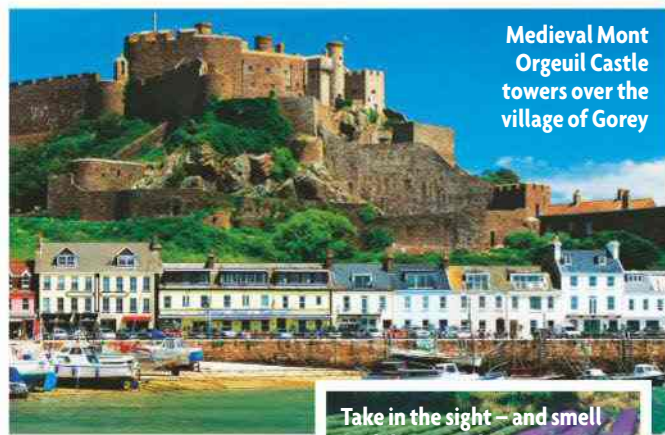
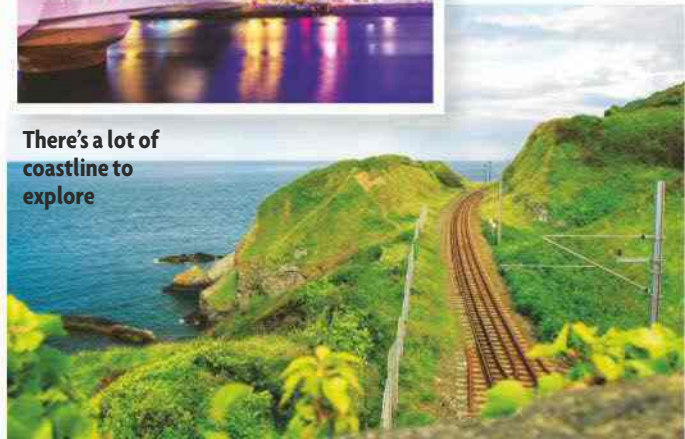
carries 2,000 passengers, with restaurants, a two-screen cinema, free Wi-Fi and the James Joyce Balcony Lounge, where you can watch TV from reclining chairs.

HOW LONG Three hours 15 minutes.

PRICE Irish Ferries (irishferries.com) offers three nights in Dublin from £188pp (based on two sharing), B&B. Price includes the car ferry.



There's a lot of coastline to explore



Medieval Mont Orgeuil Castle towers over the village of Gorey

Take in the sight – and smell – of the Lavender Farm



JERSEY

WHY? A balmy island off the French coast, timeless England with a Gallic touch, makes an ideal springtime break. Potter round the tiny lanes either by bicycle (you can take them on the ferry for free) or car and explore rock-fringed beaches, the gardens (including the Lavender Farm) and historical landmarks such as the War Tunnels, a German wartime hospital built by slaves.

THE FERRY *Condor Liberation*, a £50 million state-of-the-art high-speed ferry, is the first of her kind in northern Europe and sails from Poole in Dorset. There are no cabins but there are comfy seats along with a bistro and coffee bar.

HOW LONG Four hours 30 minutes.

PRICE Condor Ferries (condorferries.co.uk) offers return fares from £350 for a car and two passengers.

Woman's Own plant offer

The perfect patio lily

Some Oriental lilies are too tall for patio pots. That's not the case with Lily Romance, whose stems are short, but still long enough to yield cut flowers. This new collection of easy-to-grow lilies produces almost every shade of pink and red, some with spots and some with stripes. Resulting in eight blooms per stem, the plants are sure to fill your garden with beautiful fragrance each summer. Easy to grow, the Lily Romance collection is ideal for beginners and those with little time. Height: 40cm. Spread: 25cm.

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In touch

Got something to say? Email or write to **Lauren** today

Let kids be kids!

I found 'Manicures, spray tans and blow-dries... for little girls' (15 February issue) an uncomfortable read. The mums can justify it however they like, but it's still putting pressure on them over their appearance and sending the message that they need all these treatments to look good, when they are beautiful as they are! I think spray tans are one step too far. Young girls should be comfortable with their own skin tone – plus they then might resort to sunbeds to maintain the look.

Kelly Starling, Newcastle



My daughter Lindsey has taken up knitting – how good is she?!
Joy Osborne, Cheshire

PIC OF THE WEEK
Win £50 if we feature your photo



Waste of money

I was surprised to hear that Jerry Hall and Rupert Murdoch were engaged and even more surprised to hear that the ring cost £2.4 million! Why would anyone spend that amount when there are perfectly nice rings out there that cost very little? I do wish the couple all the best, though!

Narelle Fitzgibbon, via Facebook



A bling ring

Emotional viewing

I saw *How To Die: Simon's Choice* on BBC2 and thought it was a tough watch. It's never a good time to die for the family involved – but in Simon's case, he was ready. His fear was living, not dying. It should be his choice and he should be able to do it at home in familiar surroundings. Those MPs who voted against it were looking after their own backs, not acting with compassion.

Lyn Howe, via Facebook

Social NETWORK

Here's what you've been talking about on Facebook this week...

Proud parents Kate and William



◆ Prince George and Princess Charlotte are so cute! Diana would be proud.
Chris Olet

◆ Give me a nice cuppa and box of Maltesers and the world can do whatever it wants outside my front door!
Adele Pike

◆ Happy birthday, Holly Willoughby! Can't believe she is 35! Looking stunning as always.
Jackie Perrins

◆ I laugh hard every day and feel great on it! It makes the worries melt away.
Janice Holloway

What do YOU think?

Last week, we asked you...
WOULD YOU GET A TATTOO ON YOUR NEXT BIG BIRTHDAY?

This is how you answered:

YES 40%
NO 60%

◆ Don't forget to visit our website for this week's question!

How to contact us!



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Aries

21 Mar – 20 Apr

Knuckle down and apply extra energy and effort into anything you want done. It's the last week for a while where your activity-loving ruler Mars is in such a strong position, so you'll want to make the most of it. Meanwhile, romance still looks rosy.

◆ For more call 0901 609 4780*



Taurus

21 Apr – 20 May

Keep things light, especially at work, and this could be your lucky leap-year week. You're thinking clearly and seeing the big picture in a way that could help career prospects or your public profile. Even tricky conversations go well.

◆ For more call 0901 609 4781*



Gemini

21 May – 20 Jun

Anything difficult you want to get done? This is when to tackle it. Applying yourself or taking on a challenge seems easier than usual. And, especially if you can think creatively about it, this week's achievements have potential to truly last.

◆ For more call 0901 609 4782*



Cancer

21 Jun – 22 Jul

The recent Full Moon highlighted situations where one person's acting all sensible and another more... eccentrically. If this sounds like you or your family, know the answer to tension lies in reconciling dreams with practicality. Somehow.

◆ For more call 0901 609 4783*



Leo

23 Jul – 22 Aug

Are you ready to channel your inner femme fatale? This week Leos are positively oozing glamour and falling into flirtations that are mesmerising to those on the receiving end. You could even seduce someone into helping you out financially.

◆ For more call 0901 609 4784*



Virgo

23 Aug – 22 Sep

After last Monday's Virgo Full Moon you're probably processing the effects of a crisis or relationship hoo-hah. Try to think through what happened and not overreact. Next week's better for tackling the other party involved on it.

◆ For more call 0901 609 4785*



Libra

23 Sep – 23 Oct

Tradition says that women can propose to men on 'leap day' – 29 February. And with your romantic ruler currently lighting up your 'scope's zone of naughtiness, why not make a bold suggestion this week, even if you are already hitched? You'll be glad you did.

◆ For more call 0901 609 4786*



Scorpio

24 Oct – 22 Nov

If any sign can benefit from doing unusual things in novel ways during this once-in-four-years occurrence, it's Scorpio. With your go-getting ruler Mars and the moon on your side on 29 February, take the leap and reach for the stars.

◆ For more call 0901 609 4787*



Sagittarius

23 Nov – 22 Dec

As well as this week's 'bonus' day, Sagittarians can experience a bonus in the area of career and their public image with just the teensiest bit of effort. Luck and good fortune come to you now around work, money and job opportunities. Go get 'em.

◆ For more call 0901 609 4788*



Capricorn

23 Dec – 20 Jan

In this special week, make it one to remember by applying some forgiveness. Is there someone you need to say sorry to? Or a person you resent because they won't apologise? A few words can make some magic happen.

◆ For more call 0901 609 4789*



Aquarius

21 Jan – 19 Feb

With both romantic Venus and talkative Mercury in your sign, if you wanted to act on the tradition of proposing to your other half this week you'd be pretty much guaranteed success. But maybe there's something else you want? Ask and you shall be given.

◆ For more call 0901 609 4790*



Pisces

20 Feb – 20 Mar

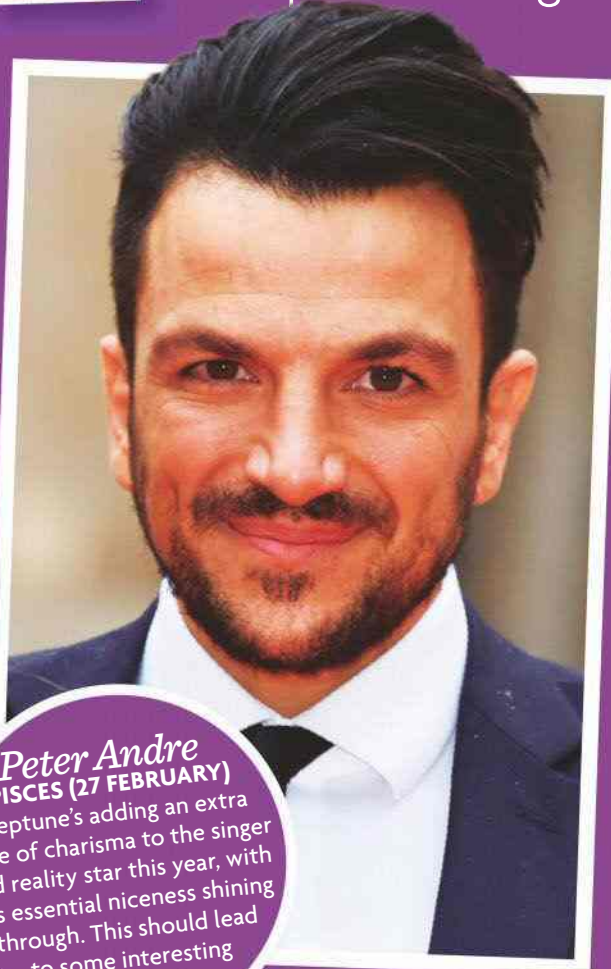
Every four years the 'leap day' of 29 February falls when the sun's in Pisces. Well, whether you're single or not, it may help to know that this week your charisma's at an all-time high and, whatever you want, no one can deny you!

◆ For more call 0901 609 4791*

Your stars



Discover your destiny with **Wendy Bristow**, our expert astrologer



Peter Andre PISCES (27 FEBRUARY)

Neptune's adding an extra dose of charisma to the singer and reality star this year, with his essential niceness shining through. This should lead to some interesting offers.

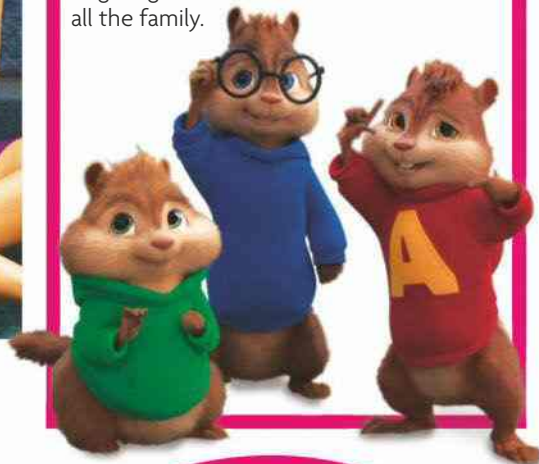
*Starlines are updated every Thursday. Calls cost 65p per minute plus your telephone company's network access charge and last around three minutes. For entertainment purposes only. Users must be over 18. You must have the bill payer's permission. SP: Spoke, 0333 202 3390


FILM *How To Be Single* Out now

Dakota Johnson and Rebel Wilson are brilliant in this hilarious comedy. Learning how to be single from the master Robin (Rebel), Alice (Dakota) sets off on a quest of thrills, flirting and drunken mistakes in New York! Grab your best friends for a night of laugh-out-loud fun.


FILM
Alvin And The Chipmunks: The Road Chip Out now

The boys are back for a road trip with a difference. On a mission to stop best friend Dave (Jason Lee) from proposing to his new girlfriend, they head for the bright lights of Miami. A must-see film for all the family.



We loved it So will you!

Our pick of great films, DVDs and books

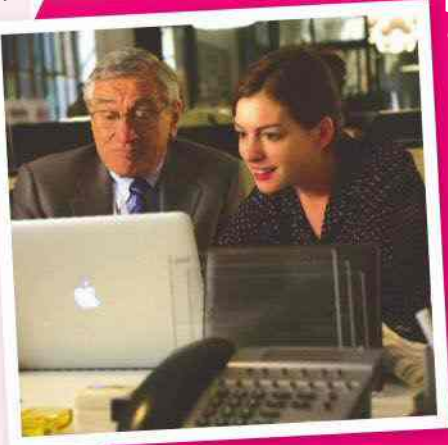

BOOK
The Infinite Air by Fiona Kidman
(£9.99, Aardvark Bureau)

Out 6 March

Jean Batten went from being one of the most celebrated pilots in the 1930s to a tragic figure who died in obscurity. This book tells her remarkable true story. A gripping historical read.

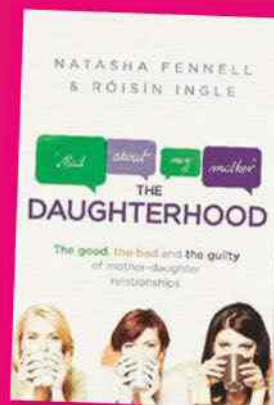
DVD *The Intern*
Out 29 February

Robert De Niro plays widower Ben, who is bored of retirement and ready to return to the world of work at the age of 70 with an internship. Anne Hathaway stars as his boss, fashion company CEO Jules, who isn't keen on having an OAP intern. Bridging generations, the pair become firm friends in this heart-warming comedy.


BOOK
The Daughterhood

by Natasha Fennell and Róisín Ingle
(£12.99, Simon & Schuster) Out now

A heart-warming tale about a group of daughters all coming together to talk about their mothers and the joy and despair this relationship can bring. The ladies then make a pledge to improve these relationships before they lose their mums forever.


DVD
Hotel Transylvania 2

Out now

The Drac pack returns for more family fun. Drac is worried when grandson Dennis shows no signs of becoming a vampire, so he sets up a monster boot camp. But when Drac's evil dad Vlad pays a visit, everything starts to go wrong!



'I'M TURNING INTO A GRUMPY OLD WOMAN!'

Coronation Street's **Claire King** reveals why old age doesn't faze her and her dream storyline on the cobbles

Funny, frank and feisty, Claire King shot to fame as *Emmerdale* superbitch Kim Tate before joining the cast of *Bad Girls*. Now we're seeing a different side of her, as *Coronation Street's* easy-going Erica Holroyd. The glamorous 53-year-old, who lives in Yorkshire with her businessman boyfriend, talks leather jackets, ageing and speaking her mind!

Erica is a free spirit. Do you have a wild side?

When I was younger I was in a punk band. I moved to London and dyed my hair every colour under the sun and wore a lot of studs, leather and leopard skin. We used to tour around Holland – it was a great time. The rebel is still in there – I refuse to give in to wearing a twinset and pearls! I still love my leather jackets. I've got at least six and

some from the old days that I haven't thrown out.

Does ageing worry you?

You can't turn the clock back, so you might as well embrace it and enjoy what you've got left. I lost a very dear friend to cancer just before Christmas. She was one of my bridesmaids and it puts everything into perspective. I don't give a stuff about those two extra pounds I've put on. Those who love me, love me for who I am and the rest can go hang!

You seem like somebody who speaks their mind...

I don't want to please everybody. When you're younger you want to be popular, but as you get older you don't actually want that many people around you and you start getting a bit intolerant and turning into a grumpy old woman! But I like grumpy old women because they can get away with murder, which of course you can't when you're younger!

Erica's about to land herself a new man...

Yes, she and Dev have been in denial about it. They enjoy each other's company working together in the corner shop, but I don't think they even knew themselves that they



The start of a beautiful friendship, but can Dev handle free-spirited Erica?

fancied each other. I was pleased when I heard. They're a similar age, which is nice, and he's taller than me, which is great, so I can still wear my heels and get away with it!

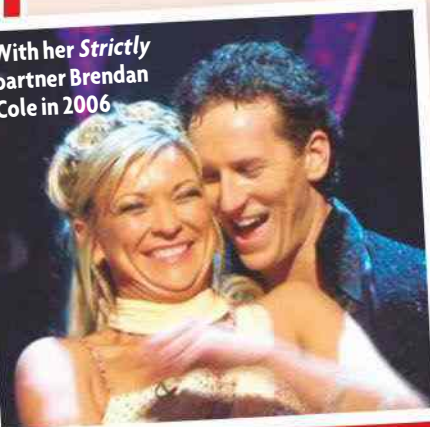
After a night of passion, what happens next?

The morning after, Erica is really puzzled by Dev's behaviour. She goes to The Kabin to get some magazines to find out why somebody would shake your hand and not give you a kiss in the morning! Dev is reacting in a really strange way – I guess he doesn't want to get hurt again and he doesn't know how to handle her. That's never happened to me. If a man tried to shake my hand I think I'd chop it off!

How will Erica get on with Dev's kids?

Mary Poppins she is not. So I don't think she's going to be too

With her *Strictly* partner Brendan Cole in 2006





As prison officer Karen Betts in *Bad Girls*

So you'll be on the cobbles for a while?

I enjoy my job and my life and I'm in a really nice place, but if a new producer comes in and doesn't want me, that's how it goes. I'm not going to be bawling my eyes out. I've had my time in the sun.

You used to be an amateur jockey. Do you still take part in races?

Yes, although I don't ride racehorses any more. Until 10 years ago I was doing charity races with the likes of Zara Phillips and Frankie Dettori, but I have arthritis and had to have an operation to remove a joint in my left hand. But I still potter around on a friend's horse.

What's the most bizarre fan request you've had?

One guy wanted to know my clothes size, shoe size, hair colour, where I shopped and what make-up I used. He was having a sex change and wanted to look like Kim Tate!

Let us into a secret – what's really inside the drinks in the Rovers?

Erica drinks white wine, unless she's drinking with Carla Connor, and then it's red wine, so it's either white grape juice or red grape juice. And it's vile!

Did you enjoy *Strictly*?

I would recommend it, but it was hard work – it was six days a week and five of those are with the same person for eight hours a day. I was with Brendan Cole, who is a fantastic dancer, but not a very patient teacher. Having said that, there were never any tears. It was probably one of the better relationships!

What would be your dream *Corrie* storyline?

Shayne Ward [Aidan] and I joke that we should be together! It would be good having a toy boy, wouldn't it? ♦

♦ **Coronation Street**, weekday evenings, ITV

forthcoming maternally. But the kids have got their nanny Mary, so she'll still look after them.

You've talked about not being able to have children, did you want to be a mum?

I used to, but my then husband Pete [*Emmerdale* actor Peter Amory] already had a child and didn't want any more at the time. Then I had a hysterectomy, so there was not a lot I could do after that. Horses and dogs were my substitute. But my partner has grown-up children. We go out and we have drinks!

How do you unwind?

I've got a place in Spain and I go there whenever I get a break. I can hop on a plane on Friday and come back on a Sunday evening. I love the food in Spain. I eat more there than I do here, but it's often and little and I can actually lose weight doing that.

Will you retire there?

Quite possibly. I like the sun and the easy life really, but it's a bit of a long way off because I haven't got anything to retire on at the moment. Not with tax bills and divorces! As soon as I get some dosh, bang, out it goes again!

'Shayne Ward and I joke that we should be together! It would be good having a toy boy, wouldn't it?'

All the TV GOSSIP



If it's happening... it's here!

HAPPY BIRTHDAY HOLLY!



WHERE DO THE BATTERIES GO?

This Morning's Holly Willoughby turned 35 recently and it looks like she had a bonanza of a birthday. The TV star was not only given a fab cake live on air but she also got her very own birthday boat! And it was her co-host Phillip Schofield, 53, who was in charge of the surprise. Taking her to the studio window, Holly watched as the big boat, complete with a birthday banner, sped past. And she was pretty chuffed. 'That's amazing, thank you,' she said. 'I wasn't expecting that.' Starting her day with cupcakes in her dressing room, she admitted she planned to eat her way through the day with a special family lunch and dinner. Hope you had fun, Holly!



Davina and hubby Matthew

MAX IS BACK

Albert Square hasn't been the same since Max Branning was locked up behind bars



OK, I'M BACK... AND I DIDN'T FORGET THE TAKEAWAYS

last July when he confessed to the murder of Lucy Beale. But *EastEnders* fans can breathe a sigh of relief because the soap favourite is coming back this autumn! Jake Wood, 43, who appeared on *Strictly Come Dancing* in 2014, decided to take a well-earned break from the show to spend some quality time with his family. And the dad-of-two must be busy – he's admitted he hasn't seen the soap since! 'I haven't watched an episode since I left!' he's said. 'I needed a good rest. I'd done nine years without a break.'



DOUBLE TROUBLE

After airing one of the craziest series in the show's history, we can't help but wonder how *Celebrity Big Brother* could top its success when it returns this summer. But it seems producers have some exciting plans up their sleeves! A planning application filed by the C5 show revealed bosses hope to build a second house on the *Big Brother* site. If it is true, host Emma Willis, 39, has been kept in the dark. 'If that's happening, I hope I find out soon,' she said. 'Because I don't know about it!' Watch this space.

'My husband was so jealous!'

Davina McCall on her toughest challenge yet

TV presenter Davina McCall has been on a big adventure, exploring some of the world's scariest environments for her new series *Life At The Extreme*. The mum-of-three, 48, who's married to Matthew Robertson, 47, is no stranger to dangerous TV shows, but coming face-to-face with lions and polar bears was something new...

This series looks amazing! Why did you do it?

It's completely out of my comfort zone. I couldn't wait to run with cheetahs, though. I said, 'How's that going to pan out, because they're really quick. I'm pretty fit but I'm not that fit!' Swimming with whales was amazing, too. Some of it is quite dangerous, though!

What did you enjoy most?

Feeling the fear and doing it anyway. I've always been a big advocate of that as far as training or working out goes. This felt like a physical and emotional challenge and I was really

frightened about doing it. Then I did it and I felt so proud of myself.

What was the worst part of doing the show?

I really missed my family. When things are tough, or when you're feeling cold, exhausted, numb, or you've been frightened about something and you want to share it – and quite often we were in remote places and I couldn't get hold of anybody – that's when you want your family and a hug.

Did your family think you were crazy?

My husband Matthew thought it was hysterical. I like my creature comforts. I like my duvet. I've done glamping, but it's definitely not the same! He wasn't worried about me though, he was jealous.

◆ *Life At The Extreme*, Mondays, 9pm, ITV



RYLAN'S REVENGE

X Factor bosses may be quaking in their boots after Rylan Clark-Neal's confirmation he will be revealing all in an autobiography. The former contestant, who now presents *Celebrity Big Brother's Bit On The Side*, has admitted, 'I'm worried how honest I've been. If I'm going to do a job, I'm going to do it properly, and I'm not going to pussyfoot around situations.' Rylan, 27, claimed people were going to be '100% shocked' when they read the book on its 30 June release. 'A lot went on,' he added. 'The *X Factor*'s a machine. It's just crazy.'



JUST MAKE SURE YOU SPELL MY DOGS' NAMES RIGHT!

What's hot on the box!

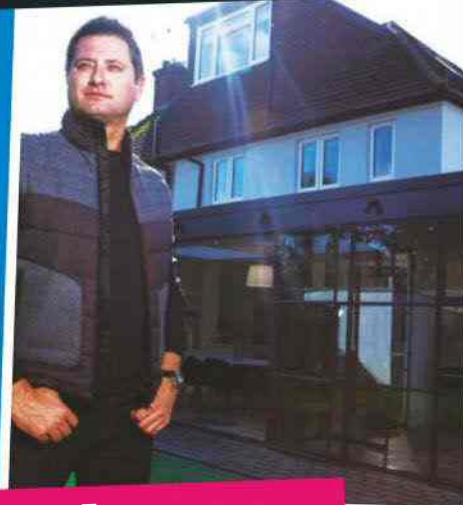
Your time

The TV shows not to be missed

UGLY HOUSE

THURSDAYS, CHANNEL 4

He can transform amazing spaces, now George Clarke is back to tackle ugly ones too. The architect and presenter will be given £50,000 per episode to work his magic. If you miss it, catch up on All 4.



Baby Changes Everything

MONDAY, TLC

There's no denying that everything changes with the pater of tiny feet. This new series follows four couples as they become parents for the very first time – and it's particularly eye-opening when one pair welcome quadruplets!



Eurovision You Decide

FRIDAY, BBC FOUR

It's all change for 2016 as the British public get to select the Eurovision song for the first time in six years. Hosted by Mel Giedroyc, the UK haven't had much luck in recent editions, so maybe we'll do better at picking a winner!



Woman's Own travel offers

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Behind the SCENES

With Richard Arnold

'I used to be a serial dater!'

Elizabeth Hurley on her love life, Joan Collins and THAT dress

The Royals is back for a second series – we love that show!

It's Buckingham Palace on steroids. There aren't that many big, glam, slightly silly shows at the moment, so it's filled a slot. I love playing my Queen. She does villainous things but I feel she has a heroic spirit.

I heard you take your son, Damian, on set...

We shoot over vacation, so it means the kids can come on set the whole time. He's like the show's mascot. He loves it.

And he's a teen now!

I'm dreading the terrible teens. I've had a good ride so far and he's still very enchanting. But he could turn hairy and gruff. I've said, 'You are going to be a horrible teenager,' and he says, 'No, Mummy, I love you!' But we've been practising for years!

If it hadn't been for that safety-pin dress,

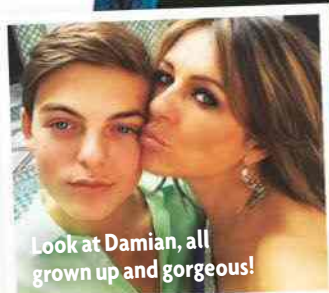
what would your life have been like?

From an acting point of view, who knows? Perhaps I'd have joined the National Theatre and become a more serious actress.

Are you dating right now?

Up until a year or so ago, I was a serial dater. From age 17 onwards, I've always been with someone. Dating changes a bit as a fifty-something. Though Joan Collins is married to a fabulous man 32 years younger than her. In which case, I can date an 18-year-old. Anything goes!

◆ **The Royals, Wednesdays, E!**



Look at Damian, all grown up and gorgeous!

MAN-ECDOTE!

Lunch with former Olympic swimmer Mark Foster proved a hoot recently. 'What have you done to your eye?' he asked, as he spotted evidence of me covering up a shiner. I told him I'd air-kissed someone at lunch the day before and bumped cheeks. I wasn't joking, but he suggested I change the story to up my butch quotient!

Your time



This girl band's no flash in the pan!

Flipping 'eck

I feel quite paternal around Little Mix. It's incredible to think how the group has blossomed over recent years. Now the girls have gone global with their *Get Weird* tour, there's no stopping them. Unless, of course, you're asking them to flip pancakes in the *Good Morning Britain* studio. Jade Thirlwall had never tossed one in her life but soon got the hang of it – so much so I wouldn't want to be on the business end of her frying pan.

Anchor man!

Weather girl Laura Tobin and I had some fun Pancake Day capers with a can of spray cream. It might sound like the stuff of

red-blooded dreams, but I can assure you it was all done in the best possible taste. It's just a shame *Wardrobe* now whiffs of sour milk. That stuff gets everywhere!

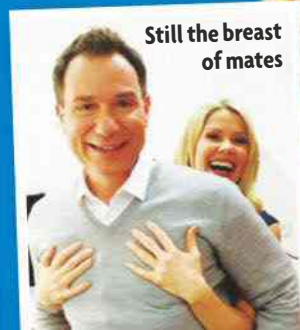
Yes, I know... I'm saving that bit for later!



BELLE MEL!

It was great to catch up with my first TV wife Melinda Messenger recently. We hosted a daytime show 13 years ago called *Loose Lips*. 'It's freakish,' she said when she saw me. 'You look exactly the same. What's your secret?' Now that would be telling, but I did slip her the number of my dermatologist. Not that she needs it. At 45, Mel will always be the beauty to my beast!

Still the breast of mates



Up close & personal

‘Winning a Brit was amazing!’

Casualty’s **Hannah Spearritt** on her proudest moment – and cocktails!

Former S Club 7 pop star Hannah Spearritt has traded the dance floor for the operating theatre in her new role on BBC’s *Casualty*. Playing troublemaker Mercedes Christie, she has been busy ruffling feathers in the emergency department. Hannah, 34, who reformed with S Club 7 for a reunion tour last year, sat down with us to chat about the moments that changed her life...

What makes you cry?

It doesn’t take much but films always make me cry. I think that’s the sign of a good film. I’m quite an emotional person.

Do you have any hidden talents?

I used to play a lot of tennis as a kid and I played for the first time again a few months ago. I was expecting to be really

awful, but I felt like a little powerhouse on the court! I’m quite good at any sport which uses a bat and ball. I’ve got great hand-eye coordination.

What moment changed your life forever?

When I went for my first audition at 13. I was really shy and it was down to me and this other girl. The last thing I had to do was have this shouting match, it was all about who could shout the loudest and I had probably never shouted in my life! I was so quiet and shy, but I went for it and it was a life-changing moment for me really as I got the part.

Who’s your celebrity hero?

I’m in love with Jennifer Aniston, I love her comedic timing. If she’s in anything then I’ll watch it because I think she’s great. I’m sure she’s a lovely person, too.

What did you want to be when you were younger?

I wanted to be an astronaut and then a schoolteacher. I also danced when I was younger and I absolutely loved it. I think it was when I joined the theatre company [National Youth Music Theatre], and I was combining it with acting and



singing that things came together and I realised what I wanted to do.

What item can’t you leave your home without?

My phone, I’m addicted to it! I’ll have a meltdown if it’s not in my bag. I’m going to do something about this, though, because it’s not healthy for me. I spend too long on my phone so I might go cold turkey!

What is your proudest moment?

The Brit Award that I won with S Club 7. We won Best British Newcomer and Best British Single, it was amazing! It seems insane looking at it, thinking that I’ve got two Brit Awards!

What’s your guilty pleasure?

I have a few of those! If I had to pick one, it would be an espresso Martini. To be honest, I love cocktails in general and would probably work my way through the whole menu. Only if it was happy hour though! ♦

♦ *Casualty*, Saturday nights, BBC1

What makes you happy?

Being wrapped up in a duvet, having a hot chocolate and just watching a film makes me really happy. I would always choose a romcom with Jennifer Aniston.



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